

EDMONTON

metro®

NEWS
WORTH
SHARING.



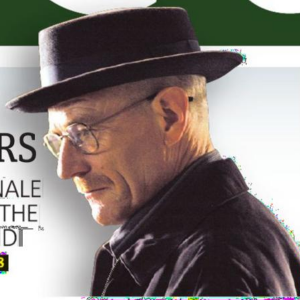
A nature lover's
paradise,
a new Edmonton
community
bordering Lois Hole
Provincial Park.

Home, naturally.

www.HawksRidge.ca

LIFE LESSONS FROM METH MAKERS

WITH BREAKING BAD'S SERIES FINALE OVER, WE LOOK BACK AT WHAT THE DRAMA THAT EXPLORED EVIL AND DEPRIVITY HAS TAUGHT US **PAGE 8**



Fire damage estimated at nearly \$20M

Investigation into cause of
condo blaze underway **PAGE 4**

Warm up with breakfast

Eight different recipes that pair
oats with an array of delicious
ingredients **PAGE 11**



LET'S GET THIS SHOW STARTED

Winnipeg Jets goalie Edward Pasquale makes the save as Zach Bogosian and Edmonton Oilers Jesse Joensuu battle for the rebound during NHL pre-season hockey action last week. Now it's time for the real season to begin. Oilers coverage, pages 21 & 22. JASON FRANSON/THE CANADIAN PRESS

Officer will be accountable: Police assoc.

Report of misconduct.
Internal complaints
being heard



**RYAN
TUMILTY**
ryan.tumilty@metronews.ca

In the wake of a report of officer misconduct, the president of the Edmonton Police Association says there is no thin blue line protecting his officers.

A CBC report Monday from a former police officer said he felt ignored and marginalized after he brought forward concerns about the conduct of a fellow officer.

Association president Tony Simioni said the association can't comment on this situation, but people who believe the police force protects its own aren't seeing the bigger picture.

"People get locked into this Edmonton environment and they don't see outside of it. The situation in Edmonton is

we have the most transparent, most disciplined police force, by the numbers, in this country," he said.

Simioni said both management and front-line officers take the issue seriously.

"We have more member versus member initiated hearing, complaints, charges than any other police service in this nation," he said.

Simioni said in 2012 Calgary Police had just two officers found guilty of misconduct by its internal disciplinary board, while Edmonton had more than 40.

Edmonton police chief Rod Knecht also said he believes city police force are doing a good overall job of handling police discipline: "As of August this year, 19% of all formal complaints received by the EPS Professional Standards Branch were initiated through internal information. Each one has been or is currently being investigated in order for individuals to be held to account."

**PLAY the
COROLLA SEARCH**

for a chance to **WIN***
1 of 5 2014 Toyota Corollas



- Download the **Corolla Search** app from the App Store or Google Play
- Look out for Corollas on the street and visit pop-up Toyota locations for test drives to earn points
- If you're already playing, enter this code in the **Corolla Search** app to earn even more points: **corollalove**

*No purchase necessary. COROLLA SEARCH game ends on October 18th, 2013 at 11:59:59 pm EST. See official rules and regulations within the app or at the dealership reception desk.



COROLLA

Like you've never seen it before.



toyota.ca

IN PARTNERSHIP WITH



P.K. SUBBAN
MONTREAL CANADIENS
DEFENCEMAN & HYUNDAI
HOCKEY HELPERS
AMBASSADOR



HYUNDAI HOCKEY HELPERS

Last year Hyundai Hockey Helpers helped over 1,800 kids get in the game and is working hard to help even more this year. Give a kid the opportunity to experience teamwork, dedication, pride, and of course, the fun of hockey.



HYUNDAI™



HYUNDAI 1000 PUCK CHALLENGE

Join us and take the Hyundai 1,000 Puck Challenge to improve your game AND help kids in your community play hockey.

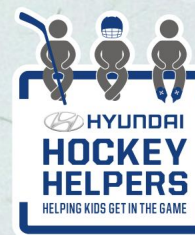
TAKE THE CHALLENGE AT
HYUNDAIHOCKEY.CA



HYUNDAI

NEW THINKING.
NEW POSSIBILITIES.™

™The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp.



Ward 9 race. Newcomer takes on incumbent

About 30 people turned up to see the two lone candidates in Ward 9 vie for votes Monday night.

In one of the smallest city council races in Edmonton, newcomer Andrew Gorman is taking on incumbent Bryan Anderson.

The candidates took questions on a variety of topics, including public-transit accessibility, urban sprawl and lack of female representation on council.

Anderson drew on his experience as a councillor, specifically the lessons of addressing traffic congestion with the previous LRT project. He said the city needed better bus-to-LRT connections and smaller, more frequent bus routes.

Gorman emphasized his community connections as strengths. He repeatedly motioned to his elderly father in the audience and other family members while addressing questions, and brought up his desire to protect neighbourhoods, especially in the wake of the weekend condo fire in Rutherford.

The ACT for Community group was a vocal part of the question period, asking candidates how they would solve what the group views as a lack of community input on high-density housing developments on surplus school lands.

"We want needs assessments of the community done and public meetings where the community has a say," the group's Barry Kossowan said after the forum. "We want the process of construction contracts halted until those things happen."

As the forum closed, Anderson reminded the audience to carefully consider this year's mayoral election. Gorman reiterated his passion, but conceded a lack of experience. "This process was very educational," he said. "I need to let people educate me about their concerns."

MADELINE SMITH/FOR METRO



The six Ward 1 candidates took questions for about two hours in the city-sponsored forum. RYAN TUMILTY/METRO

Political jousting in Ward 1 forum

LRT. West expansion
major issue in west
Edmonton ward



RYAN
TUMILTY
ryan.tumilty@metronews.ca

Six candidates came out to spar on the issues in one of the city's most contested wards Monday night.

Expansion of LRT into Ward 1 was top of mind for residents in attendance, along with bike lanes, tax increases and improving the city's roads.

Sean Amato led off with his call for building the LRT

from downtown to West Edmonton Mall first, instead of the city's current plans to take the project from downtown to Mill Woods first.

"That's not acceptable, that's not fair and I will fight with all I have to stop that from happening," pledged Amato.

Andrew Knack said he wanted to see the west LRT built quickly as well, but didn't think demanding it would get the job done.

"It's important to be able to work with everyone in order to achieve a common goal," said Knack.

Rob Pasay said he believes the city has sprawled too far to properly take care of core

Vote

Election day is Oct. 21

areas and would want to see an end to the sprawl.

He said the Henday used to mark the end of the city and he won't support development outside it.

"Now the Anthony Henday is just another highway within the city of Edmonton servicing new neighbourhoods on either side of it," he said.

Sharon MacLise pushed a back-to-basics approach and said she would like to see the city shovel all sidewalks.

"Let's keep the taxes down; let's make sure our roads are good," she said.

Jamie Post said council needs to listen better and that in watching city council he has seen the public get drowned out too many times.

"Council needs to know what the public wants, not just what internal decision makers or outside interest groups want," he said.

Bryan Sandilands pushed his management experience and said candidates need to be honest about what they can realistically achieve.

"You can't say that you don't want us to go into debt and you want the LRT right now."

1 NEWS

Calling All **Entrepreneurs** fun lovers
those looking for a new challenge
business owners the bored & tired
the excited **momprenuers**
those wanting to work from home
sales experts travellers
you, on the train, right now

own your own business
passive income
travel agent booking system
work from home
professional website
online booking
freedom
training & support
example: excitevacations.ca

Excite Travel
FREE Information Session in Edmonton
Hampton Inn by Hilton
Edmonton - South 10020 12 Avenue SW
Tuesday, October 8th 7-9pm
For More Information and to Register
www.excitevacations.ca

\$150,000 vote. Contest could give 'unadoptable' pets a permanent home

A local rescue group is asking the public to vote online in a contest that could provide up to \$150,000 for a permanent animal sanctuary for "unadoptable" animals just outside the city.

Lindsay Zomers, executive director of Edmonton's Animal Rescue and Outreach Society (AROS), said any amount raised would go toward a rural acreage where animals could rehabilitate or enjoy long-term fostering.

Currently, up to 15 foster families in Edmonton take in up to three smaller-sized animals, as bylaws allow, but the sanctuary could offer a more permanent solution.

"We are asked for help every day but don't have the resources," said Zomers. "We want to be able to foster



Eight-month-old Johnny was left at a shelter with multiple leg fractures. CONTRIBUTED

ferals, seniors and palliative cases too."

Aviva Insurance awards \$1 million in funding each year to non-profits across the country. Supporters can vote once daily through the AROS Facebook page or at avivacommunityfund.org.

LUCY HAINES/FOR METRO

Mayoral race. Don Iveson says 1999 call for Marxist revolution was satirical

Mayoral candidate Don Iveson is laughing off an article he wrote for the University of Alberta's campus newspaper in 1999 calling for a Marxist revolution.

The article, which was sent to Metro, calls for people to realize they will never be paid more under a capitalist system and instead work less.

"Do your job as quickly and as poorly as you can, and then leave early," reads the article in the Gateway.

"That was clearly written as a joke when I was 20 and that is what you do in campus newspapers. You write silly things to get a rise out of people," said

Quoted

"Do your job as quickly and as poorly as you can, and then leave early."

Don Iveson in the Gateway, a University of Alberta campus newspaper, in 1999.

Iveson on Monday.

He said he believes whoever is sharing the article doesn't have a sense of humour.

"I think it's a little sad that the election has got there that quickly. Usually, the real muckraking takes a few more weeks and is closer to the end."

RYAN TUMILTY/METRO



Fire investigators believe it may be several weeks before they know what caused a massive fire Sunday that consumed a condo project under construction. METRO

Massive fire may cost over \$20M

Widespread damage. Developers promise to rebuild complex



RYAN TUMILTY
ryan.tumilty@metronews.ca

The damage estimate continues to rise from a massive condominium complex fire, as the project developers and neighbours start to pick up the pieces.

The fire in the Rutherford neighbourhood consumed the four-storey, three-building com-

plex and damaged area homes on Sunday. Initially pegged at \$17 million, the fire department now estimates the damages will be closer to \$20 million.

Felix Vizcarra's home was almost 100 metres away, but his siding still melted, windows cracked and there was water damage.

Vizcarra said they went back to the house to collect some essentials, which was a tough experience for his wife.

"She saw the pictures (of the fire damage), but it's different. She broke down in tears when she saw it face-to-face," he said.

Total units

265

There were 265 units in the three-building complex, with one of the buildings expected to have occupancy in December

Vizcarra said they are staying with friends now but will soon have to look for more permanent lodging because they don't expect to be back.

Bob Montgomery of the Carlisle Group, the developers behind the complex, said right now they are waiting for fire

crews to investigate, but once they get back they want to rebuild.

"Our commitment is absolutely to rebuild what's there. Absolutely and unequivocally," he said.

Montgomery said the company took all the necessary safety precautions and did their best to secure the site but he said that it's difficult with a large complex.

"This is a two-block work-site. So if somebody wanted to get on there and do something, short of having an army of folks out there, they would have access," he said.

Come and See Tracy Moore from Cityline Sunday 1:00 pm at the Main Stage

VISIT **club metro .com** TO ENTER

You could win tickets to the Edmonton Woman's Show!

Edmonton WOMAN'S SHOW

www.EdmontonShows.com

Girls just wanna have fun

A LAVISH WEEKEND of LIVING, LAUGHING & LEARNING

Dakota House Empowerment

\$12 General Admission
\$10 Students/Seniors
Buy your tickets online at www.womanshow.com/tickets

REALTORS® Here when life happens.

STEEBROOK KINGSWAY 102.5 NOW 104.9

Edmonton EXPO Centre HALL A

For More Info Call: 780.490.0215

*Promotions subject to change without notice.

Shine 105.9 FM City metro

No purchase necessary. Terms and conditions apply. For full contest details and terms and conditions, visit clubmetro.com.



The morning sun illuminates the U.S. Capitol in Washington on Monday. At midnight, Congress ordered a partial government shutdown because it could not reach an agreement on funding. SCOTT APPLEWHITE/THE ASSOCIATED PRESS

American government shuts down

Budget squabble.
Feds miss midnight deadline for funding; health care main issue

For the first time in nearly two decades, the federal government staggered into a partial shutdown Monday at midnight after congressional Republicans stubbornly demanded changes in the nation's health-care law as the price for essential federal funding and President Barack Obama and Democrats adamantly refused.

As Congress gridlocked, Obama said a "shutdown will have a very real economic impact on real people, right away," with hundreds of thousands of federal workers furloughed and veterans' centres, national parks, most of the

space agency and other government operations shuttered.

He laid the blame at the feet of House Republicans, whom he accused of seeking to tie government funding to ideological demands, "all to save face after making some impossible promises to the extreme right wing of their party."

The stock market dropped on fears that political deadlock between the White House and a tea party-heavy Republican Party would prevail, though analysts suggested significant damage to the national economy was unlikely unless a shutdown lasted more than a few days.

While an estimated 800,000 federal workers faced furloughs, some critical parts of the government — from the military to air traffic controllers — would remain open.

THE ASSOCIATED PRESS

More interns on the way?

'Essential' workers to stay on job

In 1995, with American lawmakers having failed to agree on a budget, the government shut down. As a result, President Bill Clinton found himself surrounded by interns in the White House, as regular staff had to stay home. That's how Clinton met Monica Lewinsky.

Now, 18 years later, the U.S. government is shutting down again. It needs a loan



to keep paying its bills, but Republicans will only agree to letting it borrow more

money if Democrats agree to reduce Obamacare, President Obama's national health-care system.

A shutdown means employees will be furloughed — forced to stay home without pay — and only essential services will be performed.

ELISABETH BRAW/METRO WORLD NEWS

Thawing relations

Baird warns UN of Iranian 'charm' offensive

Foreign Affairs Minister John Baird warned the United Nations General Assembly on Monday to avoid being taken in by any Iranian charm offensives.

Baird evoked the memory of the failed appeasement of Nazi Germany in

the year before the Second World War as he urged the gathered members in the UN chamber to tread carefully when taking Iran at its word.

Baird was addressing an apparent thaw in the three decades of strained relations between the United States and Iran after President Barack Obama spoke by phone with his Iranian counterpart Hassan Rouhani last week.

THE CANADIAN PRESS

Saudi Arabia

Doctor rejects claim that driving affects ovaries

A Saudi doctor has gone on-air to dismiss claims made by a well-known cleric who caused a stir when he said medical studies show driving affects a woman's ovaries.

In comments aired over the weekend by the privately

owned Rotana channel, gynecologist Mohammed Baknah says scientific studies have not proven that driving has adverse effects on women's reproductive health.

He was addressing remarks by Sheik Saleh Saad el-Leheidan who said that women who drive suffer from having the pelvis forced upward. His remarks were published Saturday in an interview with the website el-Sabq.

THE ASSOCIATED PRESS

Fall in the air, great deals on the ground.

Now is the time for your Certified Mercedes-Benz.

Mercedes-Benz
CERTIFIED

Certified. Affordable. Luxury.™



When you purchase a Certified Pre-Owned vehicle, you're getting all the engineering excellence and luxury you expect in a Mercedes-Benz. Plus:

- **Reassurance:** 150-point certification inspection
- **Warranty:** standard Star Certified warranty up to 6 years or 120,000 km
- **Confidence:** complete vehicle history report
- **Security:** 24-hour special roadside assistance
- **Peace of mind:** five day/500 km exchange privilege

To take advantage of this offer and for full details, visit davidmorrisfinecars.com.

0.9%*
for
36 months



Mercedes-Benz



2010 GLK 350 4matic™, \$29,999

Stock # shown P10-10641

David Morris Fine Cars, 17407-111 Avenue, 780-484-9000, davidmorrisfinecars.com

Mercedes-Benz STAR DEALER



© 2013 Mercedes-Benz Canada Inc. *0.9% financing only available through Mercedes-Benz Financial Services on approved credit for a limited time. Available for 24 month finance on model year 2009-2011 Certified Mercedes-Benz (less than 140,000 km). Finance example based on a 2009 model: \$25,000 at 0.9% per annum equals \$1051.46 per month for 24 months. Cost of borrowing is \$235.05 for a total obligation of \$25,235.05. Down payment may be required. Vehicle licence, insurance, registration and sales taxes are extra. Dealer may lease or finance for less. Offer may change without notice and cannot be combined with any other offers. See your authorized Mercedes-Benz dealer for details or call the Mercedes-Benz Customer Relations Centre at 1-800-387-0100. Offers end October 31, 2013.

Metro editor releases new book on Road to the NHL

A must read! Philip Croucher of Metro Halifax tells 25 stories of Maritimers making it all the way up the long and winding road



DAVE LANGFORD
dave.langford@metronews.ca

The Road to the NHL takes many different twists and turns for players seeking their first glimpse of the sights and sounds of a National Hockey League arena.

None was more difficult than the path taken by Fredricton's Willie O'Ree.

More than 10 years after Jackie Robinson broke the colour barrier in major league baseball, O'Ree had the same

distinction in the National Hockey League.

The date was Jan. 18, 1958, and O'Ree was a Boston Bruins' farmhand called up from the Quebec Aces for his first game. The site was the old Montreal Forum and there was little fanfare.

"I didn't know what I had done until I read the papers. It was the media that gave me the name 'the Jackie Robinson of hockey.'"

The story is one of the favourites in a new book written by Metro Halifax managing editor Philip Croucher titled Road to the NHL: The incredible stories of 25 Maritimers making it to The Show.

Croucher said it was a "privilege" to talk to O'Ree more than 50 years after that ground-breaking day.

"The big thing was not just the racism he felt; he also was playing basically with one

eye. A lot of people forget that," Croucher said.

"Not only was he dealing with constant racist chants while he was playing, but he was also not able to physically see like he wanted to."

Croucher said O'Ree's inclusion in the book was an easy one, but it wasn't as simple making all the choices.

He said the book, which deals with the players' paths to the NHL and not the events that happened once they got there, was not meant to identify the best players the three Atlantic provinces had to offer. He had no interest in a popularity contest.

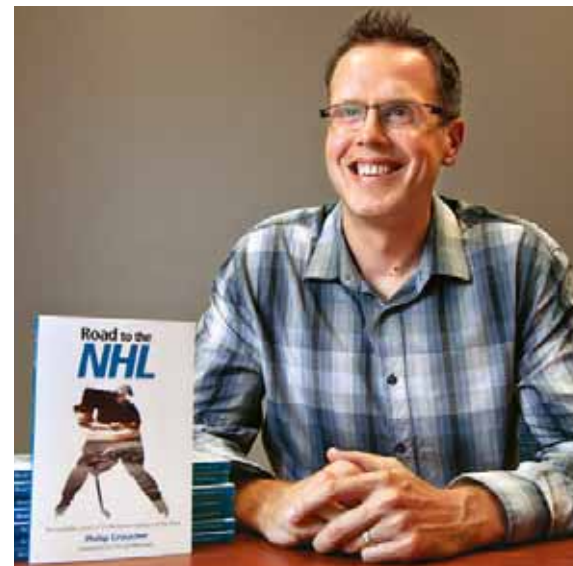
"I just wanted to celebrate 25 players and the road they took," he said. "There are stars, there are role players, there are today's players and there are yesterday's players. So I think there is a nice mix for everybody."

The players profiled

1 Nova Scotia. Eric Boulton, Sidney Crosby, Norm Ferguson, Lowell MacDonald, Al MacInnis, Paul MacLean, Brad Marchand, Mike McPhee, Glen Murray, Jody Shelley, Colin White.

2 New Brunswick. Mike Eagles, Danny Grant, Randy Jones, Rolie Melanson, Willie O'Ree, Scott Pellerin, Don Sweeney.

3 Prince Edward Island. Gerard Gallant, Forbes Kennedy, Al MacAdam, Billy MacMillan, Bobby MacMillan, Adam McQuaid, Brad Richards.



Metro Halifax managing editor Philip Croucher, 37, with his new book Road to the NHL. JEFF HARPER/METRO IN HALIFAX



RBC Royal Bank

64%

of couples feel they pay more in bank fees than they need to*.

100%

of them could save money with RBC Royal Bank®.



The RBC VIP Banking® Package: Great features that will save you money.

- 3+ 3 UNLIMITED BANKING ACCOUNTS¹**
Get one for you, one for your spouse and one joint or for the family.
- UNLIMITED USE OF ANY MAJOR BANKS' ATM²**
RBC will refund the access fee.
- UNLIMITED INTERAC E-TRANSFERS³**
The faster, easier way to send money.
- ANNUAL CREDIT CARD FEE REBATES⁴**
Get a premium reward-earning RBC Royal Bank credit card for you and your spouse.

Get up to
\$300
in gift cards⁵

SWITCH TODAY!
rbc.com/inclusive
1-866-335-2395

Advice you can bank on™

* Ipsos Reid's survey of 1000 married and cohabiting couples, 645 (or 65%) of whom who pay bank fees, conducted Aug 2-8 2013. ¹ Eligible Canadian dollar accounts include any two of the following banking accounts with the monthly fees waived: RBC Day to Day Banking®, RBC Enhanced Savings® and RBC Day to Day Savings®. Debit transaction means a withdrawal of funds from an account and includes an assisted transaction and an electronic self-serve transaction. ² ATM operator surcharge (also called convenience fee) charged by other ATM operators may apply and be added directly to the amount of your cash withdrawal. The convenience fee is not a Royal Bank fee. All clients who use non-RBC ATMs may be charged a convenience fee by the other ATM operator regardless of the type of account they hold with us. ³ Starting September 1, 2013 the RBC VIP Banking account will include unlimited Interac e-Transfers. ⁴ The amount of the annual fee rebate depends on which banking package and eligible credit card you hold. The annual fee rebate applies every year as long as you remain an eligible account owner. Other conditions and restrictions apply. ⁵ Limited time offer. To get \$300 worth of gift cards/certificates, you will need a total of 36,000 RBC Rewards® points. To learn how, and for full offer details, go to rbc.com/termsandconditions. ©/TM Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

SPOILER ALERT: I'M A NETFLIX CHEATER

I'm in a loving and happy relationship but I have to admit that lately I have a problem with cheating. I do it late at night, usually during the week and so far I've never been caught.

Before you get the wrong idea, I should point out that my specific brand of infidelity involves a television remote and an insatiable appetite for 50-minute dramas. I'm of course talking about Netflix cheating.

Like any good North American couple burdened with a mortgage that restricts discretionary spending, television is a popular pastime in our household. Over the years we've developed a roster of programs that are "ours" and we have vowed to always enjoy these shows together... well, in theory.

The problem is that Netflix has changed the way people watch television; with multi-season streaming available at our fingertips, viewers no longer have to wait a week between episodes or suffer through summers full of reruns. Online on-demand services make it possible for us to watch hundreds of



SHE SAYS
Jessica Napier
metronews.ca

thousands of hours of programming virtually whenever and wherever we want.

And when every episode ends on a cliff-hanger and the next show begins to play automatically, it's hard for greedy consumers to switch off. If I was crafty enough to figure out how to access the far superior American version of Netflix I might never actually leave the house.

My insatiable appetite for high-quality programming means that sometimes I find myself watching our shared shows even when my viewing partner is out for the night. And as much as I hate to admit it, I've gotten pretty good at deceiving him. I can fake a convincing surprised expression when major plot twists are revealed and I've learned how to reset the account in order to erase the evidence of my digital betrayal.

Sure I may be weak and disloyal, but at least I'm not alone in my shame. Earlier this year, Netflix conducted a survey among its American customers as part of a promotional campaign. Their poll revealed that over 50 per cent of couples have considered

What we watch when our partner is not watching

My insatiable appetite for high-quality programming means that sometimes I find myself watching our shared shows even when my viewing partner is out for the night.

cheating on their significant other by streaming a television program that they'd promised to watch together. Now I'm well aware that fighting over your television viewing habits is right up there on the list of privileged people problems alongside your local Starbucks running out of pumpkin spice latte syrup. Still, that doesn't mean I feel any less guilty about my indiscretions.

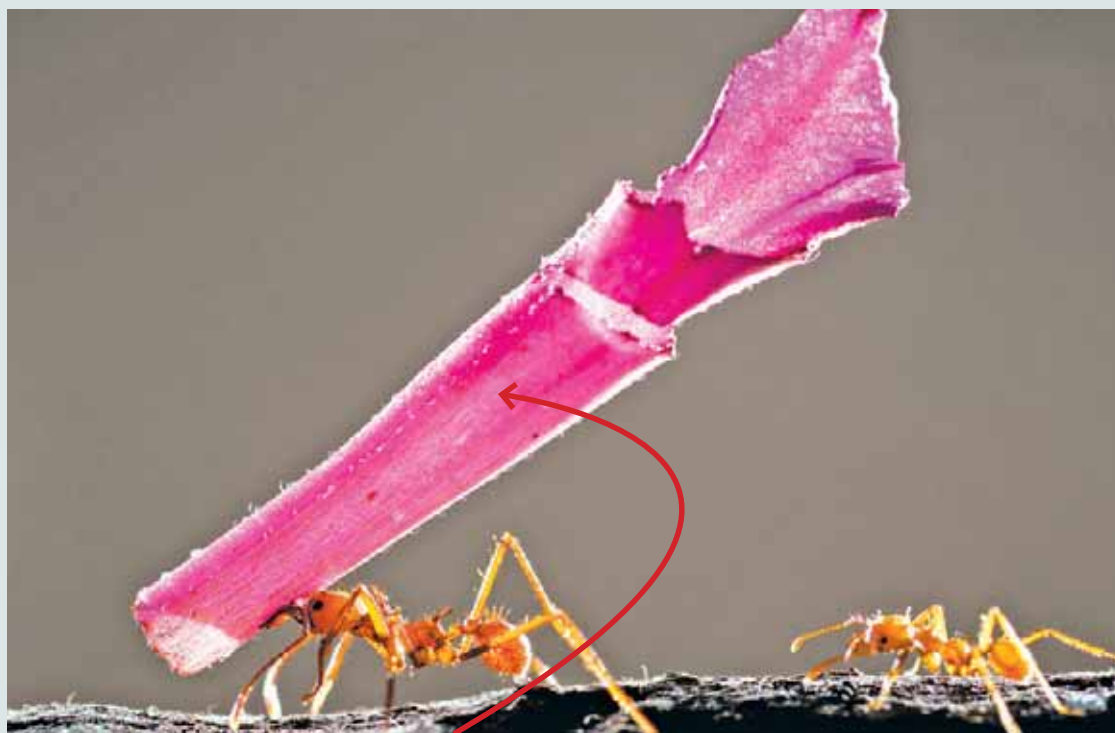
So consider this column a public admission of my infidelity and a pledge to make a change. From now on I promise to try and remain faithful to the sacred union between a couple and their big screen... just after I finish watching episode four of House of Cards.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

That other ant is going to look pretty lame when it comes back with nothing



COURTESY BENCE MÁTÉ/ZSL

Herculean ant pic wins top award

A tiny leafcutter ant demonstrating its immense strength is among the winning images from this year's Zoological Society of

London's (ZSL) Animal Photography competition. Bence Máté, from Szeged, Hungary, shot this vibrant picture at the Laguna de Lagarto rainforest lodge, near Boca Tapada in northern Costa Rica. **METRO**

Two of the all-time best ant facts

50

times their own body weight is what an ant is capable of carrying.

30,000

eggs is what each queen leafcutter ant lays each day.

Clickbait



HANNAH ZITNER
hannah.zitner@metronews.ca

For the Breaking Bad PVR set, turning on your computer (or leaving your house) can be terrifying. While we can't help what your local barista discloses, we can tell you how to create your own world wide web free of unwanted spoilers, pop stars and advertisements.



PHOTO ILLUSTRATION/METRO

Spoiler Shield

This free iPhone app let's you cruise Facebook, Twitter spoiler-free the day after missing your favourite TV series, sports game, reality show.

No Cyrus:

Though the Miley Cyrus stir is slowly starting to stop, for those who have absolutely reached their limits with the

Disney wreck, there's an app. The No Cyrus Chrome plug-in filters out all mentions of the teen formerly known as Hannah Montana.

Adblock Plus

Among the most popular of the adblock programs, Adblock Plus not only blocks ads, but also can be used to block tracking and malware. Best of all, it's free.

Twitter

@metropicks asked: The Toronto Raptors to get a rebrand as international hip-hop superstar Drake takes over as the struggling basketball team's global ambassador. How can Drake make the team cool again?

Well they're basically starting from the bottom, so...

@DizzleDaKing

Hopefully Drizzy looks good in purple.
@rebverb

Get them to win.
@ruggles79

Follow @metropicks to answer our poll question. Best answers published right here.



WE WANT TO HEAR FROM YOU:

Send us your comments: edmontonletters@metronews.ca



President Bill McDonald • Vice-President & Group Publisher, Metro Western Canada Steve Shroat • Editor-in-Chief Charlotte Empey • Deputy Editor Fernando Carneiro • National Deputy Editor, Digital Quin Parker • Managing Editor, Edmonton Darren Krause • Managing Editor, News & Business Amber Shortt • Managing Editor, Life & Entertainment Dean Lisk • Sales Manager Cheryl Skogg • Distribution Manager Jim Hillman • Vice-President, Sales and Business Development Tracy Day • Vice-President, Creative Jeff Smith • Vice-President, Finance Phil Jameson • METRO EDMONTON Suite 2070, 10123 - 99 Street Edmonton, AB T5J 3H1 • Telephone: 780-702-0592 • Fax: 780-701-0356 • Advertising: 780-702-0592 • adinfoedmonton@metronews.ca • Distribution: edmonton_distribution@metronews.ca • News tips: edmonton@metronews.ca • Letters to the Editor: edmontonletters@metronews.ca

Don't dissolve a body in a bathtub, and other lessons

Breaking Bad. With the exciting finale of the dark, ultra-popular show behind us, we list the top 10 things to be learned from Walt's world

Sunday's *Breaking Bad* turned out the lights on one of the darkest shows in television history.

Even as this drama cooked up storylines that celebrated evil and depravity, *Breaking Bad* gleamed with a bright side, too. There were plenty of positive messages for the viewer who acknowledged them during the series' five-season run.

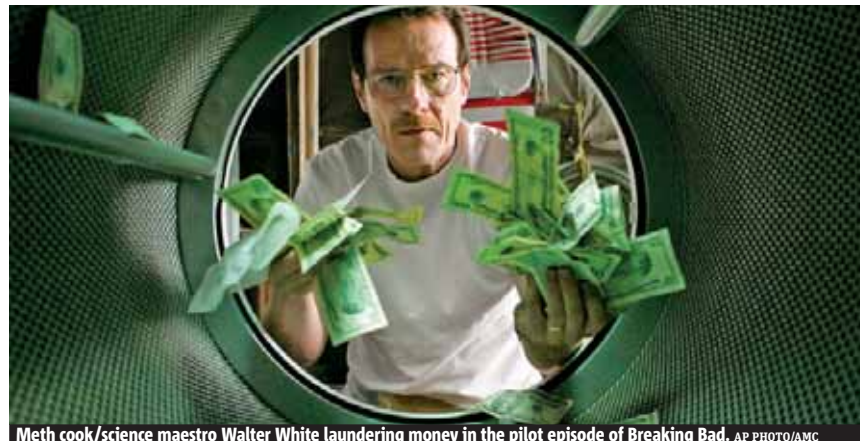
Here are 10 lessons *Breaking Bad* leaves behind:

1) Stay in school and study hard!

As Walter White demonstrated after he ditched teaching for producing crystal meth, you can make millions from a subject like chemistry that far too many youngsters (including Mr. White's bored students) find annoying and useless. Walt (a.k.a. drug lord Heisenberg) proved otherwise with his storage shed of money.

2) Chemistry has everyday applications.

The next time you dispose of a corpse with hydrofluoric



Meth cook/science maestro Walter White laundering money in the pilot episode of *Breaking Bad*. AP PHOTO/AMC

acid, all you devoted *Breaking Bad* viewers will know not to dissolve the body in a bathtub, but instead in a plastic container. You learned this valuable tip in season one, when Walt's lab assistant Jesse Pinkman disregarded his instructions and regretted it. The acid memorably dissolved through the bathtub and floor at Jesse's house, leaving a bloody mess in the hallway downstairs. You won't make that mistake.

3) Family is oh, so important.

Breaking Bad reminds you that entering the drug trade and messing with the wrong people in it can lead to your wife and teenage son despising you. It can also lead to your brother-in-law getting brutally murdered. You would hate that if it happened.

4) Build a better mousetrap.

Steve Jobs knew it. Jeff Bezos knows it. Walt White serves as a mythical champion of their kind of acumen: Offer a better product with an obvious advantage, and the world (or, anyway, addicts who loved Walt's super-potent "blue sky" crystal meth) will beat a path to your door.

5) Need a lift? Try a personal makeover.

If you're stuck in a rut, like Walter White at the start of *Breaking Bad*, consider a new look. Shave your head, grow a tidy, I-mean-business beard and fit yourself with a black pork pie hat. Then come up with a new name. Like Heisenberg. In your new identity, people will fear you and you're sure to go far.

6) Keep your personal vehicles, especially your RV, in good running order.

A regular checkup to keep Walt's rolling meth lab in tip-top shape would have spared him and Jesse inconvenience, not to mention mortal danger.

7) Keep a shrewd lawyer on call, especially if you mean to routinely break the law.

Sure, he may be a sleaze-bag and a shameless self-promoter. But a lawyer like Saul Goodman ("Better call Saul!") is worth his weight in hundred-dollar bills to a client like Walter White, whom he represented faithfully, if more than often sarcastically. With his mastery of trade practices — legal and illegal — Saul was the most impressive TV lawyer

since Perry Mason.

8) Like it or hate it, Obamacare in the U.S. might cut down on illegal drug trade (at least on TV).

If financially strapped school-teacher Walt White had had better health care when he got his cancer diagnosis, maybe he wouldn't have begun cooking meth to help cover his expenses. Meanwhile, his long-term problem — leaving his family provided for after his death — might have been a non-issue had teachers in his district been better paid. On the other hand, if Walt had found himself in less of a jam, there would have been no *Breaking Bad*.

9) Finish what you start.

It's never good to leave hanging important tasks. Walt is a shining example of a guy determined to tie up loose ends. That was part of why the *Breaking Bad* finale was so good.

10) Follow your bliss (and be willing to forge a different path getting there).

Walter White discovered this lesson. Vince Gilligan demonstrated its wisdom in real life by creating *Breaking Bad*, a radically different series. So did AMC execs by airing what turned out to be perhaps the best drama of all time. How many other networks are willing to learn?

THE ASSOCIATED PRESS



ENTER TO
WIN
SCREENING
PASSES TO SEE
**MACHETE
KILLS**
MACHETEKILLS.CA #MACHETEKILLS
FACEBOOK.COM/VVSFILMS
TWITTER.COM/VVS_FILM

VVS
FILMS



No purchase necessary. Terms & conditions apply.
For full contest details and conditions, visit clubmetro.com

NEED COOL DESIGN TIPS?
Read metrohome every Thursday.

visit **metronews.ca**

metro

In defence of farts: Arnett states his case

The Millers. Comedian doesn't understand why critics are fussing over flatulence

Will Arnett is ready, willing and able to talk about flatulence.

Hyper aware of the stink raised by critics over a particularly gaseous gag in his new sitcom, *The Millers*, the TV comic launches into a fervent defence of the everyday moment during a recent interview to promote Thursday's premiere.

The joke plays out soon after his character Nathan, a recently divorced TV reporter, begrudgingly welcomes his newly single mother, played by Margo Martindale, into his home.

Upon returning from work, he barely greets his mother before having to ask: "Did you (pass gas)?"

"This happens when you get older, they just slip out," Carol replies.

Arnett says he can't understand what the fuss is about, recounting a conversation he had with a critic who considered it "low-brow." "And I said, 'You know what? Give me a break. Everyone is taking themselves so seriously, who cares?'" Arnett says in a phone call from Los Angeles. "It's a very funny moment and it's very real and it's a son asking his mom about it. It's not done in a gross way. It's just done in a very sort of real way."

Some might see the broad comedy as a departure of sorts for the Toronto-born Arnett, who rose to fame playing quirky characters in sharp-edged single-camera sitcoms including *Arrested Development* and *30 Rock*.

Here, he plays a regular Joe who is eager to rediscover the single life, but his plans are interrupted when his meddle-

some parents decide they are separating after 43 years of marriage.

The nosy Carol moves in with Nathan while befuddled dad Tom, played by Beau Bridges, moves in with daughter Debbie, played by Jayma Mays of *Glee*.

"You have a guy who's 42 and he's trying to hit the reset button on his life with his mom who's also trying to hit the reset button on her life," says Arnett, who also happens to be newly single, after splitting from comic Amy Poehler last year.

"It's challenging enough on its own but having your mother riding shotgun with you on that ride is definitely going to make it a lot more difficult and interesting."

With directing legend James Burrows calling the shots and *Raising Hope* and *My Name Is Earl* writer/producer Greg Garcia behind the scripts, Arnett says that joining the project was, "as they say, without-a-brainer."

"I just thought, well these elements are so good, the script is really funny, Greg Garcia, I totally respect, he's just the best guy and Jimmy Burrows is an absolute legend," says Arnett, who most recently starred opposite Christina Applegate in the NBC comedy *Up All Night*.

"It's the equivalent of being asked if you want to go and play on an all-star team. Like, yeah, I do!"

Add in Martindale as his character's mom and Bridges as his dad and you have a powerhouse cast that's hard to beat.

"They're both such great actors. And that's what you need to do — you've got to kind of build from the ground up and you need to have people who are great actors to bring a sort of believability to these characters. And then it's funny on top of it."

THE CANADIAN PRESS



The Millers debuts Thursday on Global. CONTRIBUTED

DVD review



This is the End

Directors. Evan Goldberg, Seth Rogen

Stars. James Franco, Jonah Hill, Seth Rogen

.....

Comedy/horror hybrids are a dime a dozen, and *This Is the End* doesn't exactly reinvent the wheel. But it goes to extremes not often seen, especially with actors playing with their public personas and CGI providing a convincingly terrifying disaster scenario. You can view the film as gross-out comedy,

where regulars of the Judd Apatow laugh factory — namely Seth Rogen, Jay Baruchel, James Franco, Jonah Hill, Craig Robinson and Danny McBride — act like the penis-obsessed frat boys they often play, this time using their real identities. Or you can see it as a horror movie, since it spares no gore in presenting a biblical end-of-days scenario wherein L.A. gets fire and brimstone

not intended for a standard Hollywood script. The film is the feature directing debut of Rogen and his friend and frequent co-writer Evan Goldberg. As the lads get serious about their situation, they also get funnier, acting out their neuroses but also performing an impromptu sequel to *Pineapple Express*, the stoner comedy that several of them co-starred in.

PETER HOWELL

Easier banking. Lower fees.



That's the genius of the CIBC Everyday® Banking Bundle

Chequing, savings, overdraft protection and your choice of credit card: all the everyday banking you need, all in one place. Bundling your accounts together just makes sense. It makes banking easier. And it saves you money on fees.

Find out which banking bundle is right for you.

At the branch
cibc.com/geniusbundles
1 877 434-1909

®Reg. TM of CIBC. "CIBC For what matters." is a TM of CIBC.



FOR
WHAT
MATTERS.



Miley Cyrus

Miley's like the Pixies, but with more tongue

While everyone else is obsessing over her awards show antics and the breakup of her engagement, Miley Cyrus is worried about her legacy. "There are albums that people still are listening to, like Michael Jackson's *Bad*, because it's so f—ing dope. I want people to listen

to my album like that," she tells *Rolling Stone*. "From the time I was 16 until I was 18, the Pixies is all I listened to. And I'm going to be that artist to so many people, so I want to make sure my record is the best it can be. I'm trying to set a new standard for pop music."

Want to know Katy Perry's inner thoughts? It's all in her music

Katy Perry went through some pretty dark times following her split from ex-husband Russell Brand, writing one of her new songs, *By the Grace of God*, about the time she found herself on the bathroom floor considering suicide, she tells *Billboard* magazine.

"That song is evident of how tough it really was at a

certain point," she says.

"I asked myself, 'Do I want to endure? Should I consider living?' All the songs are real-life moments. I can only write autobiographically. I put all the evidence in the music. I tell my fans if they want to know the real truth about stuff, just listen to the songs."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Girls just wanna have fun

MELINDA TAUB

Metro World News in New York

If I were a religious person, this might be my holy trinity of lady comedy: Lena Dunham, indie darling; Mindy Kaling, taking the broadcast mainstream by storm; and Tina Fey, overlord comedy queen supreme. On Saturday night, all three of them came together.

Well, sort of. Lena and Mindy came together in L.A. to watch the *Saturday Night Live* premiere, and Tina Fey came together with herself to make fun of Lena.

The 30 Rock star

appeared in a spoof of Dunham's HBO show *Girls*, playing Blertha, a new Albanian roommate horrified by how spoiled these rich American girls are. It's pretty funny (and possibly also a nod to former SNL writer Simon Rich, whose novella in the *New Yorker* had a similar premise). Luckily, Dunham wasn't offended: Mindy Project star Kaling posted a pic on Instagram of her enjoying the sketch. "Original Girl enjoying Blertha on #snl's *Girls* at my house," she wrote.

"The SNL parody of *Girls* was a true honour," Lena later tweeted. "Very excited about the current lineup of SNL ladies. They are funny like whoa." Agreed. Especially new girl Noel Wells, who does a spot-on Lena impression.



Roman Polanski

Geimer forgives Polanski in new memoir

While many still want Roman Polanski brought to justice for allegedly drugging and raping Samantha Geimer when she was 13 years old, Geimer herself says in a new memoir, *The Girl*, that she's forgiven him. "As different as our lives have been, we do share a common sense of battle fatigue when it comes to the court system and the media,"

she writes. "We've both been punished. We both want to move on. We both might be considered victims." And she insists her forgiving Polanski was the right thing to do: "If you go through your life carrying hate in your heart, you really only hurt yourself," she writes. "I didn't forgive him for him, I did it for me."

Twitter



@RedHourBen

I can't believe it's gone.



@WhitneyCummings

Watching the *Breaking Bad* finale without having seen any of the series. I have some questions



@TheRealRoseanne

May it please ascended masters to aid me 2 reverse the decree against the ppl

**BAD CREDIT?
NO CREDIT?
I CAN HELP!**

*You Deserve It!
I Guarantee It!*

**SHERWOOD
DODGE**
CHRYSLER JEEP RAM MOPAR



2006 JEEP LIBERTY DIESEL
3T426388

\$11,951⁰⁰
or **\$118^{BW}**



2008 DODGE 3500 QUAD CAB
6.7 TURBO DIESEL 4X4 P1111

\$15,900⁰⁰



2006 GRAND CHEROKEE
LAREDO P3327A

\$10,988⁰⁰
or **\$108^{BW}**



Brad McDonald

Call **BRAD 780.951.1657**
Yellowhead & Broadmoor, Sherwood Park



Elisha Dacey

Half Off: Eating your stress

Metro Winnipeg editor Elisha Dacey has teamed up with fitness professional Jordan Cieciwa and registered nutritionist Theresa Albert. Dacey wants to lose half of her body weight and has been writing about it in her online blog, Half Off (metronews.ca/half-off).

With an unexpected gallbladder surgery a few weeks ago and moving to a new house last week, Dacey has been seriously stressed.

"There was no food in the house, and everything was packed along with my exercise equipment and scale — I couldn't even weigh myself," she said.

But Dacey's determined to not gain weight.

What did the experts advise?

Albert offered tips on how to make healthy fast food choices.

"When we went to Papa Murphys Take 'N' Bake Pizza, our favourite pizza place, we ordered the thin-crust pizza," says Dacey.

Cieciwa also asked Elisha to try to fit in a few fitness walks between unpacking — and to shine up her weights when she unpacked them and get ready to start the program again.

YLVA VAN BUUREN/FOR METRO



Oatmeal: The return of eight power combos

Food choices. The hot breakfast is back — we'll soon be hitting low temperatures, so it's OK for us to live off oats. We share our top combinations

ROMINA
MC GUINNESS
wellness@metronews.ca

Skipping breakfast isn't going to make you skinny.

Dietician Patricia Bannan, author of Eat Right When Time is Tight, tells Metro that it is essential.

"You've been fasting for at

least eight hours, so you need to eat within two hours in order to boost your metabolism, stabilize blood sugar levels, and improve your mood. "A good rule of thumb is that a breakfast should be at least 200 calories and contain some protein and fibre for sustained energy."

So, because we love oatmeal and we hope we've convinced

you to eat up in the morning, we've teamed up with Bannan and came up with eight awesome recipes that will make you want to enjoy it.

Just not too much of it — hence the portion sizes. You can make your oatmeal with either water or milk (rice, almond, cow) or half milk and half water.



200 grams cooked oatmeal
1 tbsp almond butter
1/4 sliced banana
1 tbsp chocolate chips

200 grams cooked oatmeal
1 tbsp maple syrup
1 strip chopped bacon
cinnamon to taste



200 grams cooked oatmeal
1/5 chopped avocado
2 tsp olive oil
1 fried egg
30 grams smoked salmon

200 grams cooked oatmeal
1 tbsp cardamom
1/2 cup berry compote
1/4 cup dried chopped cherries
1 tbsp walnuts



200 grams cooked oatmeal
1/2 chopped apple
2 tbsp toasted almonds
cinnamon & brown sugar to taste



200 grams cooked oatmeal
2 tbsp chopped pistachios
2 tbsp chopped figs
brown sugar to taste

200 grams cooked oatmeal
1/4 cup vanilla yogurt
1/2 chopped peach
2 tbsp chopped glazed pecans
cinnamon to taste



200 grams cooked oatmeal
1 tbsp miso paste
1 tbsp butter
2 tbsp toasted walnuts
1 shaved radish



3 TIPS





ELECT FOR MAYOR

SHELLEY BIERMANSKI

CHANGE IS GOOD

For St. Albert Mayor
Vote October 21st

Type 2 Diabetes Research Study

If you are between the ages of 18 and 70 and have been diagnosed with Type 2 diabetes, then you may be interested in participating in a Clinical Research Study.

Researchers at the University of Alberta want to investigate the safety, tolerability, and effectiveness of an investigational drug in people with Type 2 diabetes who are receiving stable doses of Metformin or Metformin plus Sulfonyleurea, and who meet certain other criteria.

If you are interested in learning more about this Clinical Trial, please contact Rebecca (780) 492-1098 or Kristi (780) 492-6156 at the Alberta Diabetes Institute.



(780) 492-1098 or (780) 492-6156

Life is but a dream — let's walk

New book. How lucid dreaming can bring a little magic into real life and help you take more control of your waking life

MAJA LUNDAGER PEDERSEN
wellness@metronews.ca

While many of us consider the bus or train the main ways to

get around, a new book called *A Field Guide to Lucid Dreaming* expands our opportunities with some more untraditional ways: flying, teleportation and time travelling.

According to the authors of the book, Dylan Tuccillo, Jared Zeisel and Thomas Peisel, lucid dreaming is a way to explore “the mystery of our nocturnal adventures.” Their book aims to teach readers how to become self-aware while dreaming.

Tuccillo describes lucid

dreaming as a “full, real-time present moment experience” in which the dream feels as real as this world.

“You breathe the air, you see the sun shining, and actually it sometimes feels even more crystal clear than this world,” he says.

According to the book, most people list flying as their favourite thing to do when they find themselves self-aware in dreams.

“Flying itself is fulfilling in the fact that on a daily basis

you are confined to gravity, to the earth,” explains Tuccillo, who was a little skeptical about lucid dreaming until he tried it himself. “Once you fly for the first time it sort of answers its own question and you feel how liberating that is and how expansive. You are experiencing something that’s beyond what you thought reality was and that starts to shape your understanding of the world.”

Besides being fun, lucid dreaming can also help fight

nightmares, understand one’s subconscious and even improve skills.

“Let’s say you have a meeting tomorrow where you have to get in front of your boss and talk. Then you can go into a lucid dream and rehearse that meeting. (You) create a boardroom to talk to, create your boss, create your co-workers through certain creating techniques in the dream world. Then you perform your speech and it becomes sort of a real-life practice,” says Tuccillo.

“Also there are a lot of healing things you can do,” he adds. “Let’s say you are chronically plagued by nightmares. You can go into your dream and actually confront your nightmare. Stop running away from it, stop letting it chase you. A lot of people have found that their chronic nightmares have disappeared after that.”

Tuccillo remembers being a child reading fantasy books and thinking, “I will never be able to do those things; magic



3%

3-YEAR GIC*

Enjoy our
that's a f

Bank with
This is a

Visit your
atb.com

SAVING | BO

*Limited time only. The

Best Health

Foods that fight inflammation



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Chronic low-grade inflammation of your body's cells

causes long-term damage to tissues, and is believed to be a major contributor to most chronic diseases, including diabetes, heart disease, arthritis, autoimmune disease and cancer. Triggers include stress, depression, smoking and inadequate sleep. But you can control inflammation through diet. Here are some power foods:

1. Fatty fish

Mackerel, salmon, trout and sardines are full of omega-3 fatty acids. It is recommended to eat fish a couple of times a week.

2. Fruit and vegetables

Flavonoid and carotenoid antioxidants in richly coloured produce are potent anti-inflammatories.



Eat deep-red berries, broccoli, sweet potatoes, and red and orange peppers — at least five servings a day.

3. Extra virgin olive oil

Rich in antioxidants, this is a cornerstone to the Mediterranean diet. Look for a dark-

coloured bottle, which helps protect the oil's properties from light.

4. High-fibre whole grains

Fibre is anti-inflammatory and helps you avoid damaging blood-sugar spikes. Look for four to six grams of fibre per serving.

5. Turmeric

A bright yellow spice found in Indian curries, this spice

is a superstar anti-inflammatory.

Its active ingredient, curcumin, also comes in supplement form and has been shown to be as potent for easing aches and pains as OTC painkillers such as ibuprofen.

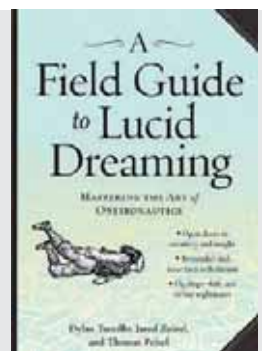
FOR MORE FITNESS, FOOD AND BEAUTY FROM BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA, OR CHECK OUT OUR IPAD APP.

around in it

isn't real and this world is kind of sad and concrete."

Today his world looks a lot different.

"Getting in touch with your dream, it doesn't have to be lucid dreaming, but re-connecting with your dreams shows that the world is a lot more dynamic. There is this other state of reality where magic is real; a place where guidance comes from and that there are forces helping us towards discovering who we are."



Make dreaming more interesting. CONTRIBUTED

our industry-leading **75th Anniversary 3%, 3-year GIC**—
full 3% for a full 3 years—as our anniversary gift to you.

With us, get the very best rates and invest in your future.

Limited time offer.

At your local ATB branch, call 1-888-404-4646 or go to

atb.ca/75gic

BORROWING | INVESTING | KNOW-HOW

ATB Financial TM **75**
celebrate

75th Anniversary GIC is a 3-year non-redeemable GIC product at 3.0%. Some conditions apply. Offer subject to change at any time. TMTrademarks of Alberta Treasury Branches.

Hockey health. Sidney Crosby's trainer provides tips to get ready for season

Planning to lace up and hit the ice after a summer spent doing next-to-nothing?

Andy O'Brien, Sidney Crosby's personal trainer and ambassador for the new Reebok Sidney Crosby SC87 Collection, gives us his five tips to get ready for ice time.

Tip #1

Learn to warm up and prepare thoroughly before going on the ice.

A thorough warm up will not only make you play better and reduce injuries, but it will improve the way your body improves week after week.

Tip #2

Aim for gluten-free, starchy carbs on the day of a game.

Many of the traditional pastas are rich in gluten, which has negative consequences on the immune and

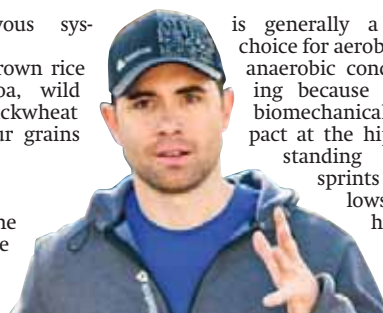
central nervous systems.

Go with brown rice pastas, quinoa, wild rice and buckwheat and cook your grains thoroughly.

Tip #3

Mix in some standing bike sprints.

Seated biking



is generally a poor choice for aerobic and anaerobic conditioning because of its biomechanical impact at the hip. But standing bike sprints allows the hip to extend and

the glutes and quads to contract more similar to skating.

Tip #4

Get low in your exercises.

The key to playmaking with speed and power is getting low and staying low.

Perform more exercises that require maintaining a low position, and less of the traditional vertical movements.

Tip #5

Work on ankle and hip flexibility.

These are two of the most important performance variables.

Getting into a strong position requires flexibility.

Flexibility is not just for ballerinas and contortionists.

It is now for elite athletes too. And especially good for those weekend warriors.

METRO

Be aware. A proper self-examination is the key to early detection



Dr. Marisa Weiss strongly recommends performing breast self-exams once a month several days after your period. ISTOCK

LAURA GOLDMAN

Metro World News in New York

Dr. Marisa Weiss calls herself a dual citizen in the world of breast cancer. Weiss, a practising breast-cancer oncologist at Lankenau Medical Center near Philadelphia, is founder and president of BreastCancer.org, the world's most utilized online medical resource for breast health. Since 2010, she is also a breast-cancer survivor.

Weiss — who wrote the book *Taking Care of Your "Girls": A Breast Health Guide for Girls, Teens, and In-Betweens* — strongly recommends performing breast self-exams once a month several days after your period, despite some controversy about their effectiveness. She urges women to be their own best advocates.

"Early detection gives you the best shot of treating the cancer," Weiss says. "Breast cancer, in the early stages, has no symptoms. It doesn't let you know it is there."

Weiss suggests beginning the breast self-exam by inspecting your breasts closely in the mirror.

"You should take notice of changes in contour, rashes, indentations, nipple discharge and if one breast is bigger

Skip that second drink

Along with self-exams, Weiss suggests lowering your risk of alcohol consumption to reduce your risk of breast cancer.

- "It's best to reduce consumption to five or fewer drinks per week, says Weiss. "The risk of breast cancer increases with the amount of alcohol consumed."

Why the rise?

Weiss partially attributes the recent rise in breast cancer to women having children later.

- "Breasts are not fully formed until you have a full-term pregnancy. Nature gave breasts the job of producing milk. They are immature until they get a job," explains Weiss. Until they are fully formed, breasts are more susceptible to the hormones they come in contact with.

than the other," says Weiss.

Then, you should examine your breast either by moving the fingers up and down, travelling from the left to the right as if mowing a lawn. Or, start at the nipple and move your fingers outward in a spiral. Examine areas close to your breasts too, from the top of the collarbone, to the armpit, to the top of the abdomen.

"Each quadrant or neighbourhood of the breast should feel differently," says Weiss. "The upper-right area, near the armpit, tends to have the most prominent lumps and bumps. The lower half of the breast feels like a sandy or pebbly beach. The area around the nipple feels like large grains and another part may feel like lumpy oatmeal."

The goal of a regular exam is to familiarize yourself with how the various neighbourhoods of your breast normally feel and look.

"Does something stand out as different from the rest (like a rock on a sandy beach)? Has anything changed? Bring any changes in your breasts that last over a full month's cycle to the attention of your doctor," says Weiss.

An uphill climb: Battling cancer one foot at a time

Another mountain to climb. For three breast-cancer survivors, a trek to Machu Picchu not only raised \$65K, but proved they could find their inner strength

VAWN HIMMELSBACH
life@metronews.ca

Trekking the Andes in Peru to the fabled Machu Picchu isn't for the faint of heart. Steep climbs of up to 15,000 feet and camping in the cold would put anyone to the test.

But there's a reason why it's one of the most popular treks in the world: Winding your way through lush cloud forest past dramatic snow-capped peaks to reach the Lost City of the Incas is, for many, the experience of a lifetime. It's more than a trek — it's a pilgrimage.

And for three women who survived breast cancer, it was a pilgrimage more personal than most. Last May, they joined a group of Canadians who trekked through the Lares Valley to Machu Picchu as part of a fundraising challenge organized by Charity Challenge and supported by the Canadian Breast Cancer Foundation (CBCF).

The expedition raised more than \$65,000 for breast-cancer research, but it also pushed these women to once again find their inner strength when faced with another mountain to climb.

About Charity Challenge

- U.K.-based Charity Challenge, which recently launched in Canada, operates more than 100 fundraising expeditions for 1,500 people each year.
- Anyone can join any trip to raise money for any charity they're passionate about.
- For more info, visit charitychallenge.ca.

Robin Ferguson

62-year-old Robin Ferguson was diagnosed with breast cancer in March 2005. At the time, she was training for her third marathon.

"I didn't want to go through radiation," she said. "I looked at it like a wart — just get it off."

During this time, she kept hearing a song on the radio by country crooner Terri Clark, called *I Wanna Do It All*. "I'd be out running and that song would come on," she said. "And I wanted to do it all. I wasn't willing to give up — that was never an option."

Ferguson decided to have a mastectomy. In May of that same year, she walked a half-marathon. By January 2006, she was running marathons again.

With two daughters and four sisters (one of whom has also survived breast cancer), Ferguson makes a point to perform fundraising each year, including *Run for the Cure*. But seeing Machu Picchu had always been on her bucket list, so when the opportunity arose to participate in Charity Challenge, she jumped at the chance.

One of her sisters joined her on the trek and provided support during the tough parts. And the toughest part was climbing the stairs at the hotel the day she arrived in Cusco, Peru — when she was hit by the effects of the altitude and questioned her ability to do the trek.

"You think, 'I can't breathe; can I make the mountain if I can't manage the stairs?' I never expected that," Ferguson said.

Despite the challenges, she had several aha moments along the way — such as re-discovering her inner strength. "It ended up being more spiritual than I expected it to be," she said. "Our guide was a spiritual soul who believed in the power of nature and the mountains."

For Ferguson, nothing was comparable to the feeling of accomplishment after ascending 15,000 feet, reaching the Sun Gates and looking out at Machu Picchu — something, she says, most people only dream about.

Mary Ann Empson

For Mary Ann Empson, 60, the Alores Valley was a spiritual place — which she wasn't expecting. "I don't normally say

Upcoming fundraisers

- CBCF is recruiting for a Cuban biking challenge in February 2014 and a trekking challenge in late 2014 — possibly the Great Wall of China or Mount Kilimanjaro in Tanzania (cbcfc.org).
- Rethink Breast Cancer (a movement for young women affected by breast cancer) is organizing a trekking challenge to Machu Picchu from Sept. 5 to 13, 2014 (rethinkbreastcancer.com).



Challenge yourself!

Get off the couch and on to a challenge! Charity Challenge is offering Metro readers a \$75 discount off the cost of a trip if they use "METRO" as a promotional code when booking. This offer is valid through the month of October.

that about things," she said. "It was actually quite overwhelming when we reached the Sun Gates. It's such a beautiful spot."

Empson was diagnosed with breast cancer in 1996. She then went through the whole gamut — radiation, chemo and surgery — over the course of a year.

"It gives you a bit of a reality check," she said.

While she wasn't overweight, Empson was a self-described couch potato. "I started running and really turned my life around," she said.

Empson, now retired from the University of Alberta's faculty of law, participated in another fundraiser, which involved climbing Mount Kili-



manjaro in Tanzania — but Machu Picchu was always on her bucket list.

"Sometimes something presents itself and you realize this was meant to be," she said. "I love doing these kinds of challenges; something out of the ordinary, where you push yourself."

Despite that, she wasn't exactly comfortable getting out of her comfort zone. "It was tough, climbing in and out of that little tent at the end of a long day, no long showers ... not having your Starbucks coffee; things we take for granted that all of a sudden are gone."

The peace and serenity of her surroundings, interacting with the locals she met along the way and the support of the group — people from across Canada who all shared a common link with breast cancer — got her through those tough parts.

The local children, in particular, captivated her. "The children are so genuine; there's a real innocence," she said. Doing this trek — and other challenges over the years — has taught Empson perseverance.

"I know that I have more willpower and tenacity that I maybe originally thought," she said. "(You have to) dig deep, get down in there and give it all you've got."

Raziya Sachedina

Doing the trek brought up a big fear for 68-year-old Raziya Sachedina — would she be able to finish it? As part of another fundraiser, she had attempted to climb Mount Kilimanjaro, but made it only two-thirds of



Ain't no mountain high enough: Three breast-cancer survivors joined a group of Canadians who trekked to Machu Picchu as part of a fundraising challenge. The expedition raised more than \$65,000 for breast-cancer research, but it also pushed these women to once again find their inner strength. CONTRIBUTED

Reach for the sky

Conquering my fears to fight cancer

I think it's the fear of losing control.

Snakes are fine. So is public speaking. But heights? They terrify me.

So you can imagine how I felt when our company president "volun-told" me for a breast cancer fundraiser that involved walking around the outside of the CN Tower.

I'm OK in elevators and balconies — the fact that it's enclosed makes me feel safe. But I get tense when escalators have open sides and make a point of staying away from high ledges.

But cancer scares me more. I have seen people who lead healthy lifestyles get it. In August, we lost a Metro co-worker to cancer at age 36.

I'm told I'm a good fundraiser and I believe fighting our fears leads to personal growth. So I agreed to reach for the sky — literally.

So up the CN Tower I went last month, making sure not to step on the glass tiles in the elevator.

Up top, our group of fundraisers stood in a small room with glass doors while our safety harnesses were connected to a guide rail. The employees all joked that "it was their first day on the job."

Then, the doors opened. The wind gusted in and the temperature dropped. I tensed up. My hands became clammy and I tightened my grip on the harness.

When asked to step out on the ledge, I looked at the floor. That made it worse. The Edge-Walk floor is a grate; you can see the ground below. I stared at the CN Tower wall instead. My fellow fundraisers were



Fernando Carneiro on the edge 365 metres above the city. CONTRIBUTED

invited to "hang their toes over Toronto." I passed. Just being there felt like personal progress.

Over the course of the walk, I became bold enough to let go of the harness and enjoy the view. That was my personal limit that morning. Back inside, as I was

unharnessed, I felt my entire body hurt from being tense — it was as though I had been tenderized with a meat mallet. Yet, I started to feel a little daring. I immediately wanted to do it again.

Yes, it was mentally tough, but I plan to return. And this time I'll hang my toes over Toronto because I feel stronger now than I did before I faced my fear of heights.

And thank you to my colleagues at Metro, who helped me raise more than \$1,600 for the EdgeWalk Challenge for the Canadian Breast Cancer Foundation CIBC Run for the Cure.

I suspect they did such a great job fundraising so they wouldn't have to do the Edge-Walk themselves.

FERNANDO CARNEIRO/METRO

FOR A VIDEO OF FERNANDO'S SKY-HIGH ADVENTURE, VISIT METRONEWS.CA



the way before altitude sickness got the best of her. So she had something to prove to herself by going on this challenge.

"It was sitting in the back of my mind ... and that was what took me onto the hike," she said.

Sachedina was diagnosed with breast cancer in 1993. "When I look back now, I think of it as an opportunity to really change my life," she said.

Her treatment involved a bilateral mastectomy, chemotherapy and reconstructive

surgery. The same year she finished chemo, her husband passed away. Those experiences led her on a "therapeutic adventure," which involved becoming more physically active and to "not keep wallowing over stuff that I have no control over."

That path involved fundraising for breast cancer research, including Run for the Cure. "I feel very fortunate to be alive," said Sachedina. "All of these activities with CBCF have helped me move on."

While she was determined to do the trek, the challenge for her was "the amazing number of steps you have to climb," she said. "On a practice hike before we started the actual trek, I fell. I sprained my ankle; I took the fall on my knee. But that wasn't going to hold me back."

Getting to the Sun Gates involved climbing 2,800 almost-vertical steps. "I had to do that on all fours and it was raining and it was slippery," said Sachedina.

It was the group that kept

her going. "They cheered me on, they supported me in every way they could."

And, for her, carrying on despite a sprained ankle was worth it. "It was unbelievable — the beauty of the place, the serenity that you experience when you get to the Sun Gates," she said.

Sachedina proved something to herself by finishing the trek — she found a sense of strength that she describes as unbelievable. "I feel I can do anything now."

Communication. How to talk openly, honestly with your kids about cancer



When it comes to talking to kids about cancer, parents need to allow for questions and open communication. ISTOCK

ANISA ARSENAULT

Metro World News in New York

As a child psychiatrist, Dr. Lynn Bornfriend had been discussing different issues with kids for years. But her last two years at the Cancer Treatment Centers of America (CTCA) in Philadelphia brought a new struggle to light: the difficulty parents with cancer face in discussing their diagnosis with their children.

"It seemed that the parents (with cancer) had an extra burden: How do I protect my child? How do I plan for my child?" Bornfriend tells Metro. "And very quickly we became aware that this is something we have to spend more time on and come up with more resources for."

According to Bornfriend, the first hurdle is changing the outlook of parents who believe a discussion will only frighten their child. "Children are very perceptive, and they know when something is wrong, even if you're not speaking about it," she says. "So if you don't tell them what is going on, they're likely to think that it's worse than it really is, or that they're the cause of the problem."

Bornfriend's recommended course of action is honesty. "Your degree of honesty is tailored to what their developmental stage is, and their cognitive abilities," she says. Essentially, the transparency of your discussion will vary with the age of your kids.

Preschoolers need to be prepped for the physical changes they will see in a parent.

"You have to make clear to them that mommy or daddy is pretty sick," Bornfriend says. "You make them aware of some of the things they may see: mommy or daddy may be laying on the couch more. You talk to them about how you've made a choice, you're going to get treatment and you have a

plan. You explain to them what it is and what it is not."

But Bornfriend warns not to get too caught up in details. "Young kids take what they can hear and then they're ready to move on," she explains. "You're ready to be explaining about chemotherapy and radiation and they're gone."

Teenagers, on the other hand, require much more transparency. "You have to give them specific information because they're going to have specific questions and they want to know what's going on in a clear way," Bornfriend says. Additionally, emotions may run high. "There may be a very dramatic response to your news, and you sort of have to batten down the hatches. Or they're going to want their own privacy in the way they deal with things."

Your teenager may not want to talk to you. Maintaining normalcy is important, Bornfriend says. "You have to make clear to the kids that you expect that they continue to meet their responsibilities," she says. "There will continue to be consequences if they don't."

Bornfriend explains normalcy also means that kids get to be kids. "It's OK for them to have fun, it's necessary for them to have fun," she says. "School-aged kids especially are very into rules and order, and cancer treatment can be very disruptive to them because it changes. But use other people — family members, friends — so that their schedules persist."

Parents need to allow for questions and open communication. "The worst thing is when kids are trapped by themselves and alone in their minds and don't feel that they can ask a question," Bornfriend says. "We tell parents that even if tears are rolling down your face while you're having that conversation with your child, it's better than not having that conversation."

Greasy Grilled Cheese no more



ROSE REISMAN
For more, visit
rosereisman.com or
follow her on twitter
@rosereisman

I love grilled cheese sandwiches but they are always laden with fat from the butter spread all over the bread, not to mention the high-fat cheeses used.

I have filled this sandwich with veggies, chicken and Monterey cheese.

Instead of butter, the

Ingredients

- 1 small red bell pepper, top and seeds removed and cut into 4 wedges
 - 3 oz boneless skinless chicken breast
 - 6 slices of bread
 - 3/4 cup grated Monterey Jack or aged cheddar cheese (2 1/4 oz/65 g)
 - 1/3 cup sliced avocado
 - 3 tbsp chopped cilantro
- Sauce**
- 3 tbsp light mayonnaise
 - 1 1/2 tsp chopped chipotle pepper or jalapenos



This recipe serves three. ROSE REISMAN

outside of the bread is just sprayed with vegetable oil.

1. Sandwich: Preheat oven to 425 F (220 C). Line small baking sheet with foil sprayed with vegetable oil. Roast bell pepper until charred (about 20 minutes). Cool, then remove the skin and slice thin.

2. Meanwhile, either grill or sauté the chicken breast just until it is just no longer pink or the temperature reaches 165 F (74 C). Cool, then slice.

3. Sauce: Combine mayo and chipotle. Spread over bread.

4. Over 3 slices of bread, divide

chicken, cheese, pepper, avocado and cilantro. Place other bread slices overtop.

5. Spray oil over outside of the sandwiches and grill in grill pan on medium heat for at least 5 minutes, turning halfway just until browned and the cheese begins to melt.

Ingredients

- 2 boneless skinless chicken breasts (about 400 g)
- 3 tbsp (45 ml) olive oil
- 1/4 tsp (1 ml) each salt and ground black pepper
- 1 baguette (about 350 g)
- 4 leaves romaine lettuce, thinly sliced
- 1/4 cup (50 ml) grated Parmigiano Reggiano
- 1/4 cup (50 ml) PC Caesar Dressing
- 1 medium tomato, cut in 8 slices
- 8 slices PC Free From Naturally Smoked Bacon, cooked crisp

4. In bowl, toss romaine, Parmigiano and dressing.

5. Cut cooled chicken breasts in half. Place baguette bottoms on

work surface. Place one portion of chicken on each. Top each with two tomato slices and two bacon slices. Pile romaine mixture on top, dividing evenly. Carefully place a baguette top on each sandwich and secure with a skewer. **PRESIDENT'S CHOICE**

Health Solutions

Chickpeas are here to stay



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

Chickpeas are the new chia — the health food of the future — and with good reason. They are easily grown, full of protein and as versatile as they are delicious.

Tossed into pasta or salad right from the can or sautéed in any seasoning from Indian curry to Lebanese lemon and mint, chickpeas add fibre, minerals, protein and crunch to any meal.

Hummus is a key food in today's cart and, according to Susan Niczowski, founder of Canada's own Summer Fresh Salads, it can be used in countless more ways than simply as a dip. Think about using a variety

of flavours of hummus to:

- Spread onto chicken or fish before baking.
- Thin with vinegar and lemon juice to make a salad dressing.
- Spread into a sandwich in place of high fat, no fibre, no protein mayo.
- Stir into an omelette for a flavour flair.
- Mix with grated cheese and marinated artichokes and warm as a bread spread.

The diet leader, no matter which study you read, is the Mediterranean diet and it indicates more beans, less meat and much more fibre. Here is your single-handed helper.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Lunch. Chicken Caesar

1. Preheat barbecue to medium-high heat.

2. Cut chicken breasts horizontally almost all the way in half. Open up like book. Brush chicken breasts with half of olive oil. Sprinkle with salt and pepper. Place on grill. Cook for 7 to 10 minutes, turning once halfway, or until cooked

through. Set aside to cool. Reduce barbecue temperature to medium-low.

3. Cut baguette in quarters crosswise. Slice each portion in half horizontally. Brush cut surfaces with remaining oil. Place cut side down on grill. Toast for 2 to 3 minutes or until grill-marked and golden. Set aside.

100% Approval, Guaranteed!

When the Banks Say No, Drive Thru Credit Financial Says Yes! **WE ARE THE LENDER!**

At Drive Thru Credit Financial we have a different approach to get the car you are looking for. Let our professional credit consultants help you get the most competitive loan. **0% Financing Available (OAC)**

Everyone Approved with Drive Thru Credit Financial

✓ Good Credit

✓ Bad Credit

✓ Bankruptcy

✓ No Credit

✓ Previous Declines

✓ First Time Buyer

✓ Repossession

✓ 9 SIN number

✓ New to Canada

✓ Divorced

\$500

DISCOUNT

from Purchase Price

just for making an Appointment!

Apply Now

WWW.DRIVETHRUCREDITFINANCIAL.CA

Sign Up. Pick Up. DRIVE OFF!

Call Now 780 902 6333

a division of **KIA WEST EDMONTON** #1 Kia Dealership in Western Canada.

STK: #15781A

2008 FORD F150

\$23,888^{+GST}

STK: #1599A

2012 KIA FOTRE EX

\$12,888^{+GST}

STK: #16816A

2007 JEEP

\$10,888^{+GST}

APPROVED IN 3 EASY STEPS:

1

Call Us

2

Pick Your Car

3

Drive Away Today

No Pressures. No Hassles, No Obligation

AMVIC Alberta Motor Vehicle Industry Council

CarProof VEHICLE HISTORY REPORTS

10151 - 179 St, Edmonton

Located in Kia West Edmonton

www.drivethrucreditfinancial.ca

BBB

Wingmen for hire: Find love through fake friends

New-age dating solution. These shameless, selfless 'lovepreneurs' can help shy, undiscovered catches out there meet new people and form relationships

KIERON MONKS

Metro World News

You're hot, funny and successful, but no one knows because you don't know how to meet people. Enter the wingmen: romantic fixers who play the role of best friend to get you started with the perfect partner.

"It's three things that make a wingman," says Thomas Edwards, 28, founder of U.S. firm The Professional Wingman.

"You have to be selfless enough to go to any lengths for a client, shameless enough not to worry about rejection, and you have to be able to make them seem amazing."

For \$125 an hour, Edwards and his team take clients to likely social venues and get them talking to desirable targets, before providing real-time feedback on how to improve their game.

"Whether clients are aged 21 or 63, there are behaviour patterns that stop them making connections. Our job is to break them down and build them up again — often their closest friends don't recognize them after." The "lovepreneur" started the business to get over his own heartache and has developed a stellar reputation, with many clients now married; Barack Obama is among his Twitter followers.

Edwards' business model has inspired similar compan-

ies across the world, including services for women and gay people. While online dating has become a multi-billion dollar industry, Edwards believes it benefits rather than competes with him.


"It creates a need for skills

like mine. If you don't talk to real people your personal skills start to atrophy."

The Positive Psychology Institute is convinced, reporting that wingmen "help to alleviate nerves or pressure ... and give perspective on the date".

User reviews are also positive, with feedback thanking Edwards for "brilliant solutions" and "awesome advice."

It seems the wingmen will be flying high for a time yet — so don't be alarmed if one flies over during a romantic dinner.



Health Career Programs

INFO NIGHT

Build a rewarding career in health care

Learn about admission requirements and processes, tuition and fees, options for funding your education, immunizations, academic upgrading, and more! Come early and tour our state-of-the-art simulation lab.

Choose 2 program break-out sessions for detailed program information:

- Practical Nurse diploma
- Health Care Aide certificate
- Pharmacy Technician diploma
- Physical Therapy Assistant diploma
- Hospital Unit Clerk certificate
- Medical Device Reprocessing Technician certificate
- Social Work diploma
- Therapeutic Recreation certificate and diploma

\$500 tuition credit giveaway!

October 2, 2013 | 6 pm
NorQuest College
Health Education Centre, 10232 – 106 Street

For more information call 780.644.6000 or email info@norquest.ca

Step Forward | norquest.ca



Thomas Edwards, founder of The Professional Wingman, with a client. CONTRIBUTED

The wingman's creed

"You have to be selfless enough to go to any lengths for a client, shameless enough not to worry about rejection, and you have to be able to make them seem amazing."

Thomas Edwards, the founder of U.S. firm The Professional Wingman

On what the job of a pro wingman entails

Drink. Candid new book explores dependency of new face of alcoholism



Johnston chronicles her dependency on alcohol in Drink. CONTRIBUTED

The handmade Mother's Day card Ann Dowsett Johnston received from her son delivered such a gut-wrenching blow that she carried it around for three years — haunted by its commentary on her addiction.

Following a bad root canal in the spring of 2005, Johnston was put on heavy antibiotics and told not to drink for three weeks. Towards the end of that period, her then 20-year-old son, Nicholas, gave her a card entitled "Happy Mother." It depicted Johnston at her typewriter, where he noted that "the whites of her eyes are white" and "she is drinking Perrier, not wine."

"For my only child to comment so bluntly and so astutely on my alcohol dependency was a huge, cold glass of water over the head. It was a huge moment for me," Johnston recalled in an interview. "I never looked at my drinking the same way. I knew then I had been outed."

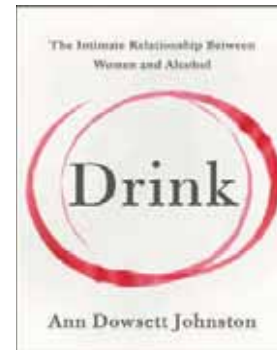
In *Drink* (HarperCollins), the award-winning journalist candidly chronicles her alcohol dependency — as well as her mother's drinking problems — while also offering an in-depth exploration of the relationship between women and the bottle.

As a well-educated professional, Johnston described herself as "the new face of alcohol problems."

"I never missed work. I never crashed a car. I never was involved in some of the things that people presume are part of alcoholism," she said. "Mine was quiet and hidden and lonely and isolated — and that is the picture of female drinkers."

Johnston said she "got into trouble" while serving as vice-principal of McGill University, which she described as a very lonely and stressful time.

Each night, the same waiter would bring her "three glasses of crisp Sauvi-



gnon Blanc" to accompany her salad and baguette after work. Soon, she started picking up another bottle on the way home. Still, when Johnston eventually received the "wake-up call" from Nicholas, it would still take another three years to kick the habit. She entered rehab in 2008.

"That's addiction. That's when you know you have a problem," she said. "You start making your deals and say(ing): 'I will only drink on weekend nights. I will only drink white wine.'"

"That's when I began to give myself the monkey stickers to say: 'Well, I can do four nights of drinking and three nights of sobriety — and of course, I couldn't.'"

"It's a very difficult thing to turn your life around. I hid for two years. I stayed at home and was deadly serious about getting better before I stepped out into the world again."

Nov. 3 will be a key sobriety milestone for Johnston, which she plans to celebrate with fellow sober friends she calls her "serenity sisters."

"Five years is a big marker for me — touch wood — and it's very precious. I'm humbled by it."

THE CANADIAN PRESS

Let's go out to the kitchen, and have ourselves a sustainable snack

I know what I want and I want it now.

Convention points to a new generation of savvy but stretched-for-time grocery shoppers

Gluten-free foods and ethnic offerings are expected to continue their march onto store shelves as grocers also look to sustainability and ponder how to deal with on-line ordering.

Ethnic products have been top of mind for retailers for several years. In the past, "if you wanted to get those products you had to go to a traditional ethnic grocer and now it's switched where you've now got the large players putting it in and making it permanent sections," Tom Barlow, president and CEO of the Canadian Federation of Independent Grocers, said ahead of a mammoth conference and trade show featuring about 500 exhibitors.

"Even non-ethnic Canadians are looking for those products and have introduced them into their diets."

The Grocery Innovations Canada event running Monday and Tuesday at the Metro Toronto Convention Centre offers a glimpse into the future of emerging food products Canadian consumers could soon see at the



I long to make a nutritious feast, but one that won't occupy my time in the least. ISTOCK

supermarket.

People want ease of preparation, noted Barlow, like the salad that's three-quarters made so they can add the remainder of the ingredients or an Indian or Italian dish in which the sauce is prepared and can simply be heated and combined with a protein and rice or pasta.

"It's the balance of the new generation. Mom cooked and they really didn't grow up cooking and now you get this explosion of the Food Network and the foodie culture and how do I get there and how do I

do it relatively fast and efficient because we're all time-starved."

Barlow, who retired from Coca-Cola after 35 years, including six as Canadian president, expected there would be considerable interest in a panel discussion on online grocery ordering.

"A lot of retailers are trying to figure out, 'How do I compete? Do I get into this? Or how do I manage around this?'" said Barlow, who took the helm of the Canadian Federation of Independent Grocers when longtime president John Scott stepped

Get outta my belly!

"As the baby boomers get older they're starting to be a lot more focused on, 'What am I eating? What am I putting into myself?'"

Tom Barlow
President and CEO of the Canadian Federation of Independent Grocers

down earlier this year.

"And the challenge has been for traditional grocery, consumers really don't

mind, (they think), 'I'm putting a couple cases of Coke on there and I'm throwing on some Pampers and a Tide.' When I get into produce or I get into bread it becomes a little more personal and feel and touch plays such a big part.

"You see it at the tomato bin. Not that one, not that one, OK that one. So how are you going to do it if you're letting someone else do it for you?"

Retailers have long tried to second guess what consumers are looking for.

"That's always been a bit

Beating the best-before

- Tom Barlow, president and CEO of the Canadian Federation of Independent Grocers, noted that researchers and growers have been working on ways to extend the life of some products, such as new strains of berries that have a longer growing season. Artisanal items such as cheese are of growing interest too.

of a conundrum between what they say they want and what they actually purchase when it becomes time," Barlow said. "As the baby boomers get older they're starting to be a lot more focused on 'What am I eating? What am I putting into myself?'"

"Even the traditional guys are starting to expand. We just heard that Weston is coming out with a gluten-free bread kind of in mass production so it kind of shows you the change in the consumer."

CFIG represents more than 4,000 independent grocery retailers across the country who face considerable competition from chain stores.

"The guys that are doing very well are the ones that have identified that they really need to create that difference in their stores ... investing in the local produce and that unique opportunity or a meat offering that's unique in 21-day hung meat that perhaps you can't get anywhere else or investing in the bakery side or ready-to-prepare meals.

"The guys that are doing it well are shrinking kind of the inside of the store which has been traditional grocery and expanding on the fresh side." **THE CANADIAN PRESS**

NEED MONEY?

- ✓ No credit checks
- ✓ Fast approvals

call 1 866 **499-5629**

And get cash now!!
www.mynextpay.ca

**Start
saving
again!**

Does it feel like your always paying off debt with nothing left over for savings? We can help you with a debt solution to balance your monthly payments, keep your assets and even **reduce your debt** - so you can save again!

We work with you to find the right solution.
Contact us for a **free, no obligation consultation:**

310-8888 or visit **gt.alger.ca**



Karen Horvath & Freida Richer



Grant Thornton
Formerly Alger & Associates

Trustee in Bankruptcy. © A Canadian Member of Grant Thornton International Ltd.



Don't be sad if your retirement jar isn't jammed with cash. Take your savings one cent at a time. iSTOCK

Pause at the piggy bank: Slow but steady wins the race to retirement

A full wallet après-work. It may not be all be yachts and time-share, but there are ways to assure that you relax into retirement

JON STEIN
Metro World News

If your retirement account is more goose egg than nest egg, you're not alone — especially if you're in your 30s or 40s.

Between 2007 and 2010, Gen Xers lost nearly half their wealth — an average of \$33,000 per household — according to a recent study from Pew Charitable Trusts. Ouch. Luckily, it's not too late to turn things around. Let's get started.

Don't think about saving

You may not be broke, but living in a major city will stretch most paychecks. So don't focus on spending less right now, but saving first. The best way to do that? Make it automatic. Behavioural finance research shows that if you set up a regular, automatic transfer to your savings or retirement account — or have your employer do it for you — you'll be amazed at how quickly your savings will add up.

Glad you're nodding! Now do something. Set a reminder on your calendar or phone (research shows these alerts help, too).

Be smart about where you save

If you have a pension plan or something similar at work, start saving here, no matter

Take the long view

If investing your hard-earned money into stocks, bonds and mutual or index funds sounds scary, that's a natural fear.

- Here's what you need to look for: Low fees, index funds (which are also typically low-cost), and no "get-rich-quick" promises. Above all, don't let uncertainty stop you from moving forward.

what. Save as much as you can, especially if your employer offers a match. If you don't have access through your employer — many people don't — you can open your own RRSP.



RBC Royal Bank

Smaller Debt. Bigger Smile.

Save over \$700* by consolidating your higher interest debts.

RBC Royal Bank® has new online tools and resources to help you develop a concrete plan to lower debt and save money.

- Create your own customized **Debt Reduction Plan**
- Explore ways to simplify payments with our **Debt Consolidation Calculator**

Get started today at rbc.com/smile

Advice you can bank on™



*Based on \$12,200 fixed rate loan at 8% per annum with a 26 month amortization. Savings example is calculated by consolidating credit card balances of \$3200 @ 19% per annum with monthly payment of \$150/month, and \$1000 @ 25% per annum with monthly payment of \$100 and loan of \$8000 with 3 year term @ 9% per annum with monthly payment of \$265/month. The interest rate is subject to change at any time without notice. The rate is used for illustrative purposes. Personal Lending products and residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria. ©/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

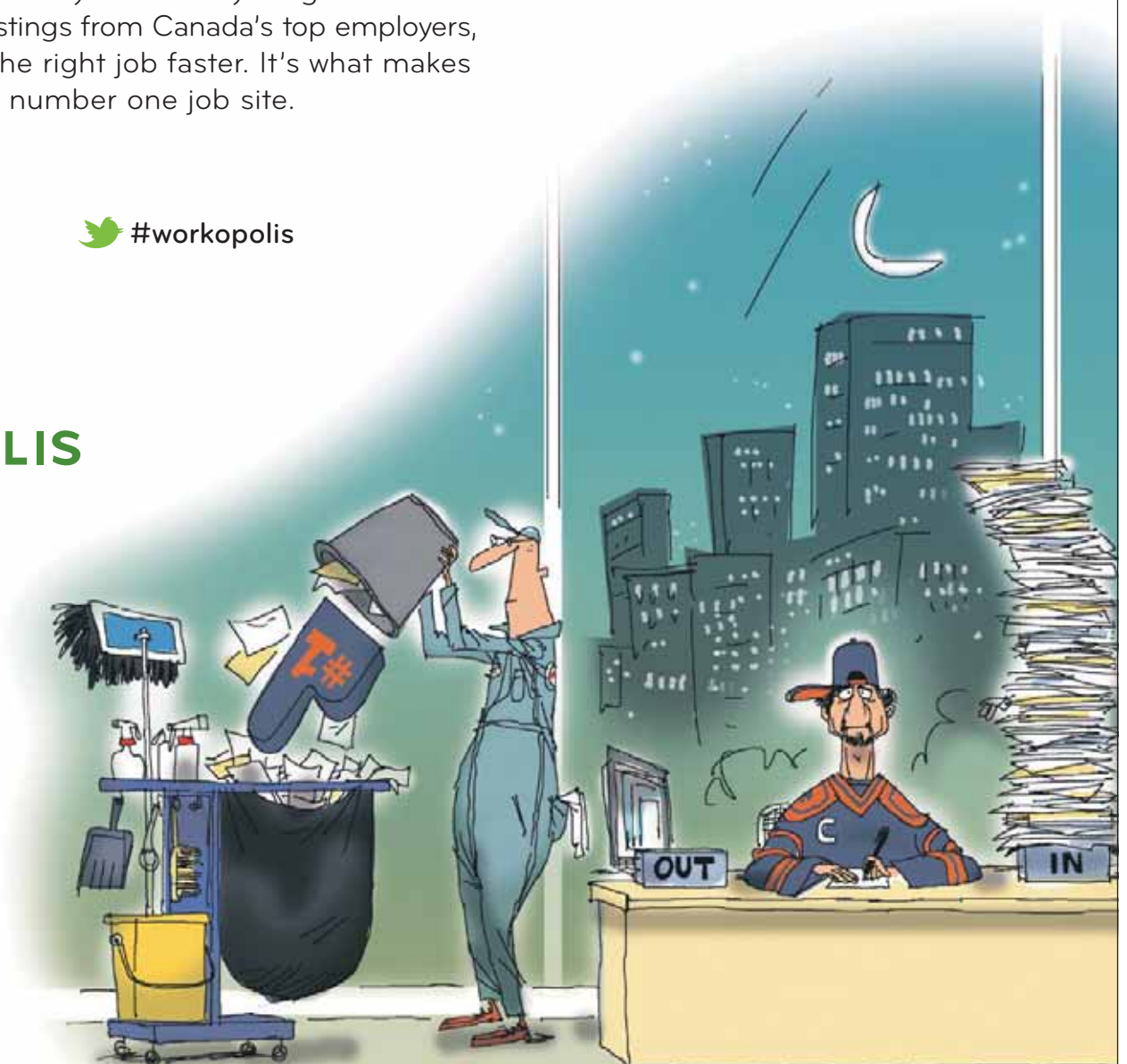
Starting the new season with overtime?

Search more than 6,000 new jobs posted every week.

There are less stressful ways to reach your goals.
With the most job postings from Canada's top employers,
we'll help you score the right job faster. It's what makes
Workopolis Canada's number one job site.

workopolis.com

 #workopolis



Number one job site based on six-month average online job postings for period ending August 31, 2013. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2013 Workopolis.

NHL

Players OK changes to icing

Hybrid icing will be in effect for the start of the regular season after it was approved by the players.

The NHLPA gave the go-ahead for the rule change that makes icing a race to an imaginary line across the faceoff dots instead of the puck, which was given a trial run during the pre-season.

"After testing hybrid icing during the pre-season games, the players participated in a survey and a majority of teams supported this rule change in an effort to make the game safer," NHLPA special assistant to the executive director Mathieu Schneider said in a statement. **THE CANADIAN PRESS**

MLB

Rays top Rangers to make playoffs

David Price threw a complete game, Evan Longoria had a two-run homer among his three hits and the Tampa Bay Rays are in the playoffs again after a 5-2 win over Texas in the AL wild-card tiebreaker Monday night.

The Rays face another do-or-die game Wednesday night at Cleveland in the AL wild-card game. Tampa Bay is in the playoffs for the fourth time in six seasons. **THE ASSOCIATED PRESS**



Rays ace David Price, left, and catcher Jose Molina celebrate Monday's win. **THE ASSOCIATED PRESS**



Taylor Hall will play centre in the absence of Ryan Nugent-Hopkins and Sam Gagner. GETTY IMAGES FILE

Holes in effort won't be tolerated

NHL. Though Oilers are thin on centres, Eakins won't accept that as an excuse for a lack of competition

When new Edmonton Oilers head coach and fitness devotee Dallas Eakins warned journalists there would be no more donuts at the snack table, the joke became he didn't want anyone to focus on the hole at centre.

But that is exactly what the

Oilers face as they begin their quest in 2013-14 to return to the playoffs.

No. 1 centre Ryan Nugent-Hopkins, coming off a surgically repaired left shoulder, is not expected back until November.

No. 2 centre Sam Gagner is out for two months after Vancouver Canuck Zack Kassian smashed his jaw and unhinged his teeth with an errant stick last Saturday.

Taylor Hall, the team's top scorer from last season, has been moved from left wing to centre and, at least in the early going, will shoulder much of the team's hopes and expecta-

Will the streak end?

2006

The last time the Oilers made a trip to the playoffs.

tions down the middle.

Hall, the 2010 first overall pick, finished ninth in league scoring last season with 16 goals and 50 points in 45 games.

He leads a talented core of scoring talent featuring Gagner, Nugent-Hopkins, puck wizard Nail Yakupov, and Jordan Eberle.

Hall, Nugent-Hopkins, Gagner and Eberle are all locked up under contract until 2015 or longer, but the future is now.

Eakins, coming off four successful years coaching the Toronto Marlies of the AHL, said his bedrock beliefs are fitness, attention to detail, and competing.

"You guys are going to get sick and tired of me saying it's (all about) the competition, the compete," Eakins warned reporters during training camp.

"You can bring sandpaper (grit to your game) and be a skill player at the same time."

THE CANADIAN PRESS

Concussion jeopardizes Reilly's season



Argos defensive end Cleyon Laing was flagged for his hit to Mike Reilly's head on Saturday at Commonwealth Stadium. JASON FRANSON/THE CANADIAN PRESS

The Edmonton Eskimos say quarterback Mike Reilly is out indefinitely with a concussion, and dispute suggestions they should have pulled him from the game after he took the vicious blow to the back of his head.

Team general manager Ed Hervey says staff will monitor Reilly's progress and then make a determination when — or if — he comes back this season.

"They're going through the (concussion) protocol for the rest of the week and we'll

(then) make that determination," Hervey told a news conference Monday at Commonwealth Stadium.

Reilly, 28, went down with a minute to go in the first quarter of Saturday's 34-22 loss to the Toronto Argonauts at Commonwealth. It came from a hellacious, and illegal, hit by Argos defensive end Cleyon Laing as the Eks were driving for a touchdown.

Reilly took the shotgun snap and was immediately flushed from the pocket. Argos Robert McCune and Ivan

Brown caught Reilly in a vise and were pulling him to the ground when Laing charged in from the backside and drilled his helmet into the back of Reilly's helmet, causing Reilly's head to snap violently forward.

Reilly lay motionless on the turf for almost 10 seconds and was then assessed by the medical staff for about a minute before given the green light.

He said he began feeling the effects of the concussion when he went to the sideline after tossing a touchdown on the following play. **THE CANADIAN PRESS**

Oilers pumped to snap playoff slump



THE HOCKEY NEWS
Ryan Kennedy
edmonton@metronews.ca

Edmonton optimists have been saying it for several seasons, but now the objective hockey world has caught up: This is the year for the Oilers to finally break their seven-season playoff slump. It won't be easy and there are no guarantees, but assuming the Copper and Blue can weather the early injury losses of Sam Gagner and Ryan Nugent-Hopkins, this squad finally has enough depth and just enough defence to make the post-season a reality.

Edmonton's vaunted young core has never been to the playoffs: Gagner, The Nuge, Taylor Hall, Jordan Eberle, Nail Yakupov, Justin Schultz and Devan Dubnyk would all be newbies in that regard. Which is why the acquisitions of players such as David Peron, Boyd Gordon and Stanley Cup winner Andrew Ference were so important. Not only do all three bring up the level



Brad Hunt, left, and Andrew Ference discuss drills during the Oilers' training camp in Sherwood Park on Thursday, Sept. 12. The Oilers named Ference their 14th captain in franchise history on Sunday. JASON FRANSON/THE CANADIAN PRESS

of defence on the team, but they've also played in important NHL games. The fact Peron can play a two-way game as well as snipe from the wing will be excellent for the top six forward corps, while Gordon is the perfect utility third-line centre with the ability to

win faceoffs and kill penalties. Ference is tough, experienced and smart — he'll be a leader both on and off the ice and can calm down what will still be an evolving blue-line.

One concern for the Oilers is the fact they are playing in a much tougher division

Three Oilers to watch



Taylor Hall

With two centres down, the Oilers need Hall to pick up the slack at pivot. Hall began his major junior career in the middle, but switched over to wing as his Windsor Spitfires became contenders. Hall has a history of injuries and must stay healthy for this team to succeed.



Justin Schultz

The offensively devilish defender admitted that he hit a wall last season and lost his shot at the Calder Trophy because of it. If Schultz put in the necessary conditioning work this summer, his puck skills will have only benefited and he can build on the impressive 27 points he put up in 48 games.



Devan Dubnyk

A microcosm of the Oilers' circumstances, the No. 1 goalie needs to prove he doesn't own the job by default. Backups Jason LaBarbera and Richard Bachman aren't big threats, but the lanky Dubnyk needs to steal more games and be ready for pressure: It's his time to shine.


now. While they still have to contend with Vancouver, they now face more direct competition from three strong California teams in Los Angeles, Anaheim and San Jose. Phoenix is always competent, and even though the Flames will be a train wreck (potentially a


historic one), anything involving Calgary and Edmonton immediately brings the leveling factor of toxic hate into the equation.

So the Oilers have their work cut out for them. But at least this season there is a rational expectation of suc-

cess. Dallas Eakins is an excellent rookie coach and if anyone can keep the team afloat until Nugent-Hopkins (shoulder) and Gagner (jaw) return, it's the guy that steered a mangled Toronto Marlies team to the AHL final two seasons ago.

IT'S MORE THAN A GAME. IT'S NHL FACE-OFF.






KINGS OF LEON

HOSTED BY
GEORGE STROUMBLOPOULOS

LIVE PERFORMANCE BY
KINGS OF LEON


* NEW ALBUM MECHANICAL BULL OUT NOW


THE PUCK DROPS TONIGHT



TORONTO AT MONTREAL 4:30 PM




WINNIPEG AT EDMONTON 8 PM






NHL, the NHL Shield and NHL Face-Off word mark and logo are trademarks of the National Hockey League. NHL and NHL team marks are the property of the NHL and its teams. © NHL 2013. All Rights Reserved.

cbcsports.ca

#NHLFaceOff



Horoscopes

Aries

March 21 - April 20

You could end up spending a small fortune today because you are looking for ways to cheer yourself up. Feeling good about yourself has nothing to do with money and everything to do with attitude.

Taurus

April 21 - May 21

With Venus, your ruling planet, moving through your opposite sign of Scorpio, you don't need to force things today. You only need power of persuasion — sweet words will get you everything you need.

Gemini

May 22 - June 21

There is no such thing as something for nothing and you will need to remind yourself of that several times today. Having said that, there are still a lot of generous souls out there.

Cancer

June 22 - July 23

This is a fortunate time for you and you should milk it for all it is worth. Use your head today but listen to your heart as well. Get the balance right and you can do no wrong.

Leo

July 24 - Aug. 23

If you need to make amends for something you did or said that you now regret, do it today. You don't have to make a big show of it but you do have to be sincere. Others will know if you don't mean it.

Virgo

Aug. 24 - Sept. 23

You can do no wrong and even your bitterest rivals want to see you do well. Can you believe that? You should, because it's true. Everything will go right for you today — enjoy it.

Libra

Sept. 24 - Oct. 23

You are in a generous mood, which is nice. But it could also be dangerous if you give to those who don't really deserve it. Make sure your largesse goes to the right people.

Scorpio

Oct. 24 - Nov. 22

The decisions you make over the next 24 hours will cause ripples, small ones that then spread out and have consequences far and wide. Make it your aim to change your world, for the better.

Sagittarius

Nov. 23 - Dec. 21

Sudden events will force you to change direction maybe several times over the next few days. Being an adventurous Sag, you enjoy change so don't be fazed — be delighted!

Capricorn

Dec. 22 - Jan. 20

You may not approve of what a friend is trying to do but it is not your business to tell them it isn't allowed. Everyone has freedom of choice and you must respect that.

Aquarius

Jan. 21 - Feb. 19

Someone important is looking at you and clearly like what they see. They will like it even more if you are modest and don't make a big noise about your success. How likely is that?

Pisces

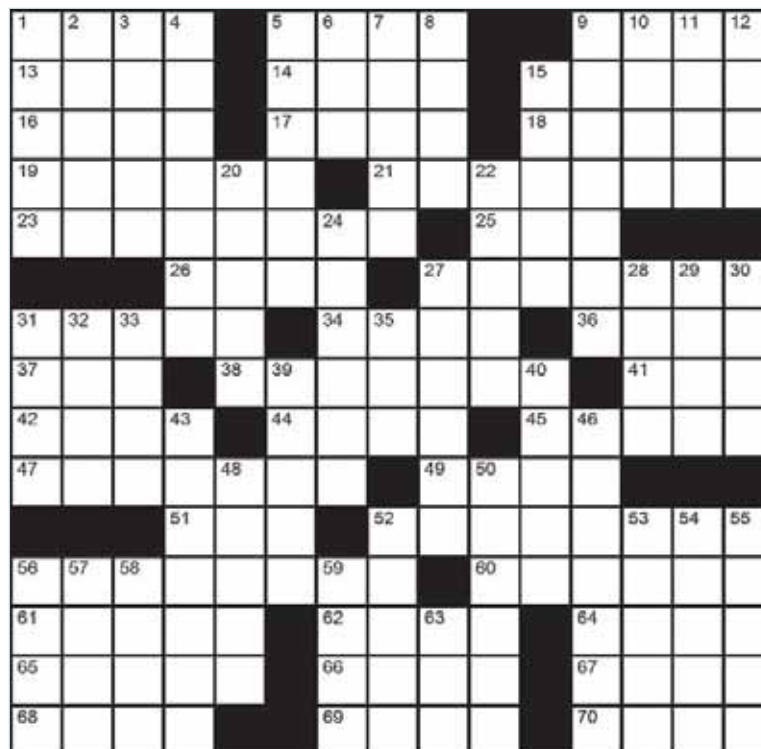
Feb. 20 - March 20

Save your energy for the things that really matter. What are they? They are the things that give your life meaning. Success is important, of course, but don't neglect your "spiritual" side. Aim to be a better person. SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Shortened sandwiches
5. Ticket tidbit
9. Thickening gum
13. Handled easily, as a ship
14. Hair hues, sometimes
15. Health: French
16. Nameless [abbr.]
17. Joke reaction
18. Gladiator's 2003
19. Edmonton-born hockey star Jarome
21. Reigning without losses
23. ___ In Motion (BlackBerry, once)
25. Vodka, e.g.
26. Waiter's prop
27. Nigel of TV talent
31. The Divine Comedy writer
34. Actor, Scott ___
36. Garner
37. 'Advert' suffix
38. Get supplies: 2 wds.
41. "The Hunt for ___ October" (1990)
42. Saturate
44. "The '___'e knows above a bit, the bullock's but a fool..." - Rudyard Kipling
45. Chasm
47. Popular sport
49. Unaccompanied
51. UK record label
52. New Brunswick attraction, ___ Rocks
56. Luxury 'house' of France



60. The Merchant of Venice character
61. ___ acid
62. Dog, with Lhasa
64. Composer Mr. Berlin, et al.
65. Badger
66. Soaks flax
67. Night: French

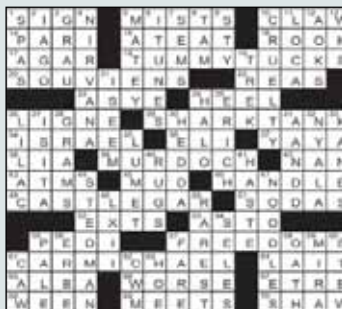
68. Classic record label
 69. Sister on "Charmed"
 70. Mil. titles
- Down**
1. Way to travel: 2 wds.
 2. Actress Jessica
 3. Three: French

4. Mack ___ (Canadian filmmaker known for his Keystone Kops movies)
5. Big desert
6. Travel screening gr.
7. "Yup."
8. "Touched ___ Angel": 2 wds.

9. Central character in Louise Penny's Quebec-set mystery novels, Chief Inspector Armand ___
10. Portion
11. End in ___ (Draw): 2 wds.
12. Harness

15. Extract metal from ore
20. Guardians in ancient Rome
22. CCR's "Born on the ___"
24. Robotically-enhanced Sci-Fi human
27. "It's done this way...": 2 wds.
28. Jackson 5 hometown in Indiana
29. Mining discoveries
30. Breaks off
31. 'D' of CD, variably
32. Not worth ___ (Without value)
33. Close
35. House-coolers in windows, briefly
39. Music chord type
40. Archaeology-style of prefix
43. Tissues brand
46. Canadian retailer, established in 1811 in Newfoundland
48. 1986 Tony-winning Best Play, ___ Rappaport: 2 wds.
50. Fight
52. Overly active
53. "The ___! ___ Hollywood Story"
54. "___' on a Prayer" by Bon Jovi
55. Holds up
56. Schmoozes
57. "How ___ Your Mother"
58. Traveller's documentation
59. Large instrument
63. Alphabetic trio

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY

WEDNESDAY

THURSDAY



MAX: 9°
MIN: 5°



MAX: 8°
MIN: 4°



MAX: 11°
MIN: 2°



MICHELE MCDUGALL
WEATHER SPECIALIST

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes." WEEKDAYS 5:30 AM



NEXT STOP, COLLEGE.

Academy of Learning Career College prepares students in a career in Healthcare, Business and Technology.



Academy
OF LEARNING
CAREER COLLEGE

www.academyoflearning.ab.ca

BE JOB READY IN 6 TO 12 MONTHS

EDMONTON DOWNTOWN (780) 424-1144
EDMONTON SOUTH (780) 433-7284
WEST EDMONTON MALL (780) 496-9428

Financial Assistance available to qualified applicants.

Fall Sales Event. Ends October 31st

Save up to \$7,500.00 on all 2013 C, B & E Class models.



THE ALL-NEW 2013 B 250. TOTAL PRICE¹: \$32,540**

FINANCE APR	LEASE APR
0.9%*	2.9%*
60 MONTHS	48 MONTHS

¹Taxes extra.

THE 2013 C 300 4MATIC™ NO CHARGE PREMIUM AND SPORT PACKAGES. TOTAL PRICE¹: \$46,180**

- 248 hp 3.5L V6 Engine
- AMG Styling Package
- Savings of \$4,000²

FINANCE APR	LEASE APR
0.9%*	1.9%*
60 MONTHS	48 MONTHS

¹Taxes extra.

THE 2013 E 300 4MATIC™. TOTAL PRICE¹: \$60,940**

FINANCE APR	LEASE APR
0.9%*	2.9%*
60 MONTHS	36 MONTHS

¹Taxes extra.



Mercedes-Benz

A Daimler Brand

The David Morris Difference:
Low Mileage Models. Great Selection.

David Morris Fine Cars, 17407-111 Avenue, 780-484-9000, davidmorrisfinecars.com

Mercedes-Benz STAR DEALER



Savings of up to \$7,500.00 applies to all 2013 C, B, and E Class models in stock, while supply lasts. © 2013 Mercedes-Benz Canada Inc. 2013 B 250/2013 C 300 Sedan with Premium & Sport packages/2013 E 300 4MATIC™ shown above, National MSRP \$29,900/\$43,540 (base \$39,990, plus optional Premium Package valued at \$2,350 and optional Sport Package valued at \$1,200)/\$66,300. **Total price of \$32,540/\$46,180/\$60,940 and down payment include freight/PDI of \$1,995, dealer admin fee of \$495, air-conditioning levy of \$100, EHF tires, filters, batteries of \$16, PPSSA up to \$27.80 and AMVIC fee of \$6.25. *Lease offers based on the 2013 B 250/2013 C 300 4MATIC™ No Charge Premium (\$2,350) and Sport (\$1,200) Packages/2013 E 300 4MATIC™ Sedan available only through Mercedes-Benz Financial Services on approved credit for a limited time. Lease example based on \$298/\$328/\$568 per month for 48/48/36 months. Down payment of \$5,190/\$8,040/\$9,040 plus security deposit of \$300/\$400/\$600 and applicable taxes due at lease inception. MSRP starting at \$29,900/\$43,540/\$58,300. *Total discount of \$4,000 on the C 300 4MATIC™ Sedan, thereof \$1,200 applied to Sport Package, \$2,350 applied to Premium Package, with balance of \$450 applied to down payment. Lease APR of 2.9%/1.9%/2.9% applies. Total obligation is \$19,745/\$24,156/\$30,059. 18,000 km/year allowance (\$0.20/km/\$0.20/km/\$0.30km for excess kilometres applies). Finance example is based on a 60-month term with a finance APR of 0.9% and an MSRP of \$29,900/\$43,540/\$58,300. Monthly payment is \$459/\$606/\$818 (excluding taxes) with \$5,630/\$6,639/\$8,470 down payment. Cost of borrowing is \$620/\$819/\$1,105 for a total obligation of \$33,132/\$42,971/\$57,518. Vehicle licence, insurance, and registration are extra. Dealer may lease or finance for less. Offers may change without notice and cannot be combined with any other offers. See your authorized Mercedes-Benz dealer for details or call the Mercedes-Benz Customer Relations Centre at 1-800-387-0100. Offer ends October 31, 2013.